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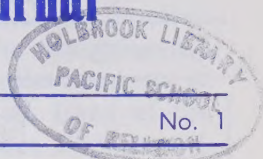
## Temperance



## Journal

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EXCERPTS FROM

## *Alcohol and Lawlessness*

**A Straightforward Discussion  
for  
Young People and Adults**

*by*

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In this section clear patterns are established showing the constant and continuing relationships between beverage alcohol and differing kinds of lawlessness. Copyright, by J. W. Irwin

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# *Alcohol and Lawlessness*

## **By Way of Introduction**

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Since I propose talking to you about alcohol and lawlessness, and since I shall often address you in the first person, I should briefly explain my work and the immediate purpose of this booklet. As the title page indicates, I am Head of the Crime Laboratory of the Columbus, Ohio Police Department. I analyze bits of evidence which may be useful in the solution of crime and the apprehension of criminals. I interrogate prisoners and suspected criminals and run the chemical tests for intoxication. Police always want to know who is sick, who is drunk, and who is sober. And they can't afford to guess.

Daily in this fine city there are many people who run afoul of the law. There is seldom a day when I fail to see people thrown into jail charged with being "Drunk and Disorderly" or "Driving While Intoxicated." And I likewise see them jailed because of more serious charges—larceny, burglary, robbery, auto theft, or even murder. For the past nine or ten years I have made a direct study of many of these people, especially as to the part alcoholic liquor played in getting them into trouble. In addition to my daily contacts, I study, teach, write, and lecture about our present topic—alcohol and lawlessness.



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***And may I add right here that the records seem to prove that what I say about my city holds true the country over. With television and fast transportation welding country and city together, your village and my city have about the same problems in connection with alcohol and crime. No matter what your age or where you live, you face this drinking problem just as we face it here.***

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I shall not sermonize in these pages. On the contrary, I intend merely to present a few facts as seen from the inside of the Police Department. I'll not spend much time discussing "alcoholism as a disease" because in police language the country over the intoxicated person is *drunk* not *sick*. Policemen arrest and jail "drunks" to give them a chance to sober up, to protect them, and to protect others. *Our police officers are not doctors, not psychiatrists. Usually they are too overworked to make nice distinctions between a drunkard and an alcoholic. When they arrest a "drunk," they are merely enforcing the law and trying to protect both you and the drinker. That is their job.*

My job brings me in frequent contact with arrested people. Many of them are "repeaters," men and women who loaf, steal, and drink rather than work and who are frequently arrested. But many others have become mixed up in crime because occasional use of alcohol has numbed their normal inhibitions against doing wrong. In connection with many of these cases it is frequently my job to determine the degree of intoxication by chemical tests and to make known the results of these tests in the form of testimony. From such people, I have learned much as to what caused their downfall and how others may avoid getting into a similar mess.

In short, my daily work makes it necessary for me to study the connection between beverage alcohol and lawlessness and I feel that I can speak with some authority about it.



## **"We Just Had A Few Drinks"**

Police officers hear this "explanation" so constantly from those they arrest that it seems interesting and appropriate to follow a crime from its beginning to its conclusion when the report is stamped CASE CLOSED—CLEARED BY ARREST. Here is a quick one that happened a few moments ago as I sat here wondering how to start this section. Let me tell you briefly how two young fellows got headed for the penitentiary in a very short space of time. Not all criminals are caught as quickly, but sooner or later the law catches up with them.

The telephone operator in Police Headquarters received a call on her switchboard and a voice on the other end of the line said, "I've just been stuck up."

The operator replied, "Hold on, I'll give you the radio dispatcher."

She switched the call into the radio room on the red line, which means an emergency call. Immediately, all other calls into and all transmissions out of the radio room stopped. Now things really began to click fast. "Radio, Sgt. Jones," said the dispatcher.

"I've just been stuck up," said the voice on the telephone again. The time was marked on the dispatcher's log 9:07 P.M.

The first thing the dispatcher said was "Now keep calm, just answer my questions as I ask them and wait for me to get the information on the air before you start talking again. Where did this happen?"

"In the East End," said the complainant.

"What address?" asked the dispatcher.

"Winner and Broad," replied the voice.

Without answering the caller, the dispatcher put a prearranged plan into action by announcing over the police radio, "All cars East, Robbery, Plan E."

"We've got them," reported Number Five Sergeant. "Send the 'wagon' to Greenway and Nelson."

The boys were taken before the Police Captain in charge of the Department at that time of night. He told the wagonmen to book them for "Investigation of Armed Robbery" and to take them to the Detective Bureau for interrogation. They

were taken to the Fourth Floor where their property was taken from them and put into envelopes with their names on them and they were "slated" as the Captain had ordered. Urine specimens were taken in order to determine their exact degree of intoxication. The gun and the money they had stolen were put in the property room. Next they were taken to "Identification" where they were photographed and fingerprinted. One of them was found to be a repeater. He had been in before for drunkenness, petty larceny, and investigation of auto theft. The other one had never been arrested before, according to the police records. Next they were turned over to the detectives for interrogation in order to get their statements in regard to the stick-up that night and possibly several other stick-ups in recent weeks.

"Why did you do this thing?" asked one of the detectives.

"Oh, we were just out drinking together and we ran out of money, so this seemed like an easy way to get some more. I guess we were so drunk we didn't know what we were doing."

Finally, about midnight, they were taken back upstairs to the turnkey's office, where they were searched again. The turnkey took them through the "Cage," which is a double set of heavy wire doors, into the inside hall, where he unlocked the first set of barred doors and led them into the cell block corridor. The corridor guard directed the boys into their separate cells and then pushed the buttons back down and leaned on the closing lever.

The gray steel barred doors went shut with a deadly thud. There was nothing for the boys to do then but lie down on their bunks or stand up and lean on the doors of their cells. They may have tried to get a few winks of merciful sleep, but sleep was almost impossible. Some dope fiend was screaming for a "shot," while some "drunk" in the "bull pen" was screaming for the guard to get the snakes out of his cell. After you've spent enough nights in jails, perhaps you can sleep through this bedlam, but there was little sleep for those boys that night. They had nothing to look forward to but more hours of interrogation, more days in jail while awaiting trial, and, finally, transfer to the penitentiary.



## **What Is Beverage Alcohol?**

Beverage alcohol is sold in grocery stores, in drug stores, and in all kinds of places besides the "joints" I have just described. The law says it can't be sold to minors but somehow minors seem able to get it. *Alcohol is one narcotic people buy freely without a prescription.*

True, we live in an age of tribulation. As a nation we are plagued by war and threats of war. Tremendous events have shocked us and even more tremendous events cast shadows upon our future. If we are to survive this era, we need our wits about us, collectively and individually. But alcohol is a narcotic that robs us of our wits.

No, the atom and hydrogen bombs, horrible as they are, are not the only threats to American security. Crime and delinquency seem to thrive within our borders. We need to wake up. We need to wake up especially to beverage alcohol's partnership with lawlessness and the end results of drinking.

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***In our city, we know from a continuing study of the alcohol tests of persons arrested during or immediately after the commission of a felony that beverage alcohol contributed to at least two-thirds of these crimes. And we have reason to believe that this percentage is higher, much higher.***

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In textbooks and in health classes, young people are warned not to use alcoholic drinks. But in our homes, we permit radio, television, and the printed page to picture drinking as desirable—almost necessary. We are strangely inconsistent in that we legalize the manufacture and sale of beverage alcohol and then spend vast sums trying to police that sale and to make limited atonement for the sad results of that sale.

Before we go further, let us take time to summarize what you know, or should know, about beverage alcohol and its effects upon those who drink it.

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***I have analyzed all kinds of beverage alcohol drinks—beer, wine, whisky, gin—even bay rum and rubbing alcohol because some people drink anything. These drinks may smell different, taste different, look different and come in plain or fancy bottles. But they all contain one thing in common—a powerful narcotic called ethyl alcohol.***

## **Under Alcoholic Influence**

Beverage alcohol is, pharmacologically, a depressant, not a stimulant. When it is taken internally and gets into the blood stream, it affects the central nervous system and in sufficient quantities will induce sleep or coma. It may be called a narcotic in that it produces narcosis, or sleep.

"Under the influence of alcohol" is a difficult term to define. We know that the person who staggers down the street, has the odor of alcoholic liquor on his breath, has blood-shot eyes, a thick tongue, and an indifferent attitude is intoxicated. *Intoxicated*, *drunk*, and *inebriated* all mean the same. It sometimes sounds better to say that a friend is intoxicated or inebriated—but regardless of what you call him, he's still drunk.

### **Reaction Time**

*Under the influence of alcohol* means exactly what it says—that some alcohol has been drunk by a person and has caused some influence on him. The amount of alcohol consumed, whether it be an ounce or a pint, is not vital to the definition of "under the influence."

Several years ago I ran careful tests on various people—some heavy drinkers and some moderate. These tests showed that even a small drink of whisky will reduce the coordination and quick reaction so essential in safe driving when a split second may mean the difference between life and death.

But these same tests revealed another change when alcohol became absorbed in the blood—a change in mental attitude. Those persons with only one small drink of whisky thought they could do the tests better after drinking than before. Many of them thought I was faking the test when I told them that they didn't do as well after a second drink as they did before. Some of them got mad and insisted upon a third test. Their anger plus alcohol made the third test much worse than either the first or second test. *This combination of anger and irritation at little things plus a slowed down reaction time and a poorer coordination may turn drinkers into killers when they are handling an automobile.*

### **Not A Stimulant**

Alcohol is not a stimulant—alcohol is a primary and contin-



uous central nervous system depressant. That is, when alcoholic liquor is consumed, we are never as sharp and never as keen as we were before we consumed the alcohol.

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***"The effects of alcohol are subtractive. Alcohol takes away. It never gives or adds to or supplements. It lowers ambition. It is a physiological depressant. It costs money."***

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When alcoholic liquor is consumed, it is absorbed from the stomach and upper part of the small intestine quickly and without change. It is absorbed as ethyl alcohol. Alcohol needs no digestion—the little yeast cells have already digested the sugar and thrown off the alcohol as a waste product. Alcohol, being a mobile and predigested liquid, is absorbed rapidly into the blood stream—the pipe line system of the body. It carries the alcohol to all parts of the body. Soon a portion of the blood, and any alcohol that may be in the blood, will be carried to the brain.

### ***In The Brain***

When it reaches the brain, alcohol has a numbing action, starting with the outer part of the brain where the higher center of learning and thought are located and going toward the center and bottom of the brain where the involuntary nervous center is located. The higher centers of the brain are the centers of moral standards, religious standards, and legal standards. This is the part of the brain which tells us not to do those things which we shouldn't do. We call this the higher inhibitory control mechanism. The brain of the normal human animal is made up of a carefully balanced system of impulses and inhibitions. In all of us, there are underlying animal impulses—some of which, like hunger, are necessary. Others, like stealing, assault and killing are there, but we have learned to control them. When one dog sees another dog with a big meaty bone, the first dog simply takes the bone away from the second dog—if the first dog is big enough and scrappy enough to do it. If we see our neighbor with a new car, most of us wouldn't think of going next door, knocking our neighbor down and taking his car away from him. This is because of one inhibition or another against stealing that which does not belong to us. But, if the mental brakes against stealing are removed by

alcohol in the brain, we may feel perfectly free to take our neighbor's car or anything else we may want at the moment.

### **Five Stages of Intoxication\***

I. The first stage at which he arrives as the alcohol is absorbed, is what is called the **STAGE OF EUPHORIA** and he will have a blood alcohol level of between 0.03% and 0.20%. The higher inhibitory control centers of the brain are depressed, causing a feeling of well-being, lessening of anxiety and an increased desire to obey impulses, even though they are wrong.

II. The second stage at which the drinker arrives is called the **STAGE OF INCOORDINATION** and he will have a blood alcohol level of between 0.10% and 0.30%. In this stage, the subject has a noticeable loss of muscular coordination and a tendency to sway and to be unsteady on his feet. This is due to the depression of the brain centers controlling the muscles of the legs. He may still be talkative and cocky, particularly in the lower percentages.

III. As one continues to drink, he arrives at stage three, the **STAGE OF CONFUSION** and he now has a blood alcohol level of between 0.25% and 0.40%. In this range, the subject staggers considerably, his movements are largely incoordinated, his reactions are slow and erratic, his vision may be affected, his speech slurred and thick. The "drunk," by this time, is mentally dull and confused as to time and place and there is a tendency to just relax and go to sleep, particularly in the higher percentages.

IV. This brings us to stage four, the **STAGE OF ANESTHESIA**, where the blood alcohol level will be between 0.35% and 0.50%. Since alcohol is a powerful depressant, eventually it will cause an anesthetic action when the percentage is high enough to numb the brain centers controlling consciousness. Pharmacologically, alcohol is an anesthetic, and acts somewhat like ether and chloroform on the one hand and the barbiturates or sleeping compounds on the other hand. In this range, the subject is unable to walk. He staggers around until he falls. Speech is incoherent. He is stuporous, asleep, or unconscious.

V. Finally we come to the fifth or final stage—the **STAGE**



OF DEATH. Here we would find a blood alcohol concentration of 0.50% or over. Fortunately, however, the wise Creator made man in such fashion that he usually falls asleep or becomes stuporous before he can drink enough to reach this fifth stage. If this high concentration is reached, however, death knocks at the door.

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***If you teenagers—or adults—could see “drunks” as police officers see them, you would be more likely to avoid that first drink.***

***Since you do not know what you may do while under the influence of alcohol and since you may change from an occasional drinker to an alcoholic wreck, your native intelligence and common sense should convince you that abstaining from alcoholic beverage is your safest bet.***

***Figure it out for yourself. “A word to the wise is sufficient.”***

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## **Where Do We Go From Here?**

***In the preceding pages, I have briefly sketched a bare outline of a typical community problem— beverage alcohol’s connection with lawlessness and its continuing threat to the future of our young people. I have presented a grim problem that cannot be solved by inaction or indifference.***

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***But in concentrating upon a specific evil gnawing at our social structure, I would not leave you with the impression that we are entirely derelict in this city. On the contrary, fortunately, our law enforcement agencies rank high and we have better than average control of crime and delinquency. Yet we can do better, far better, with informed public opinion back of us and the same is probably true of your community. To be forewarned is to be forearmed. And that is why I have written this booklet.***

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***To adults, I would repeat almost the same advice, but I would add this reminder. You adults make the laws. The police are your servants. Your community is about what you want it to be. If your young people are getting out-of-hand, you are largely responsible. If alcohol gets your non-voting youngsters into trouble, remember that you are responsible for the manufacture and sale of alcoholic beverage. Much of our juvenile delinquency might better be named adult delinquency.***

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## Crime Glossary

In this booklet, I have discussed various crimes. You probably know what the various crimes are that persons are arrested for and charged with, but in order to better understand these crimes and better understand what I mean when I talk about a particular crime, let me explain briefly the different charges upon which prisoners are slated and what they mean. Many of the different technicalities of the charges are only different because of the criminals' intentions.

**MURDER** includes first degree murder, which is the intentional, premeditated killing of a person. Second degree murder is the intentional killing of a person without premeditation. Manslaughter is the unintentional killing of a person without premeditation.

The term **CUTTING**, as used in this discussion, refers to cutting to kill, cutting to wound, and stabbing.

**SHOOTING** includes shooting to kill and shooting to wound, but does not include ordinary discharge of firearms within the city limits, which is a different charge.

**RAPE** is the illegal, carnal knowledge of a woman, forcibly and against her will. There are different penalties for conviction of the crime of rape depending upon the age of the girl. This can be imprisonment in the penitentiary for life if the girl is under twelve years of age. Rape is a difficult charge to make because, too often, the woman has been out drinking and gets into the car with the man or goes along with him willingly. If, later on, she is raped, the juries do not look too favorably on her drinking with her partner and the fact that she went along with him freely.

**FELONIOUS ASSAULT** is defined, in Ohio, as one who exposes himself to or handles the person of a female child under the age of sixteen years of age.

**OTHER ASSAULTS** here does not include assault to rape, but means assault to kill, assault to wound, assault and battery, and other forms of bodily injury.

**CARRYING CONCEALED WEAPONS** is a charge filed when the police find, concealed upon a person, guns, knives, billies, brass knuckles, and other weapons. This charge is usually filed after a fight in a saloon or where a known burglar or robber is caught carrying a gun.

**BURGLARY** includes all types of breaking and entering, whether it be in a business place or a home, or whether it be during the daytime or the nighttime.

**ROBBERY** is classified different from burglary in that robbery is taking a person's property from the person by force or violence. This includes armed robbery, unarmed robbery, and assault to rob.

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***Alcohol, crime, and delinquency present intertwining problems and many of us will disagree as to the proper solution or solutions. But disagreement plus effort is far more effective than indifference plus nothing.***

### ***Are you doing your part?***

The complete book may be purchased from Temperance Education Foundation, 110 South State Street, Westerville, Ohio or School and College Service, Beechwood Station, Columbus, Ohio. 30 cents single copy; 25 cents per copy in dozen lots:



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## T

**THIS IS C<sub>2</sub>H<sub>5</sub>OH**. — Compiled from authoritative sources; scientific facts concerning beverage alcohol; illustrated. Paper; 12 pages; single copy, 10 cents; 12 copies for \$1.00; 100 for \$6.00.

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**ALCOHOL AND LAWLESSNESS**, Lloyd M. Shupe. — A straightforward discussion for young people and adults by an eminent crime laboratory authority; strips the glamor from drinking and portrays certain end results truthfully. Paper; 32 pages; single copy, 30 cents.

**ALCOHOL AND TOBACCO**, Hearn and Hearn. — A Brief discussion, full of helpful hints that young people will understand and appreciate. Paper; 24 pp; single copy, 30 cents.

**ALCOHOL AT THE WHEEL**, Robert V. Seliger, M.D. and Lloyd M. Shupe. — A brief discussion by two outstanding authorities of drinking and driving; prepared especially for young people. Paper; 32 pages; single copy, 30 cents.

**DOPE ON DOPE (THE)**, Robert V. Seliger, M.D. — The "A. B. C." of the narcotic danger by one of the nation's foremost authorities; written with words that everyone can understand. Paper; 16 pages; single copy, 30 cents.

**HIGH SCHOOL HURDLES**, J. W. Irwin. — An authoritative discussion of alcohol, tobacco, dope; based on works of Robert V. Seliger, M.D., Samuel R. Gerber, M.D., Lloyd M. Shupe, and C. Audrey Hearn; factual, scientific illustrated; very readable. Paper; 96 pages; single copy, 60 cents.

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**LOOKING AT ALCOHOL**, a well illustrated compilation, emphasizing the hazardous effects of beverage alcohol. Paper; 24pp; single copy, 30 cents.

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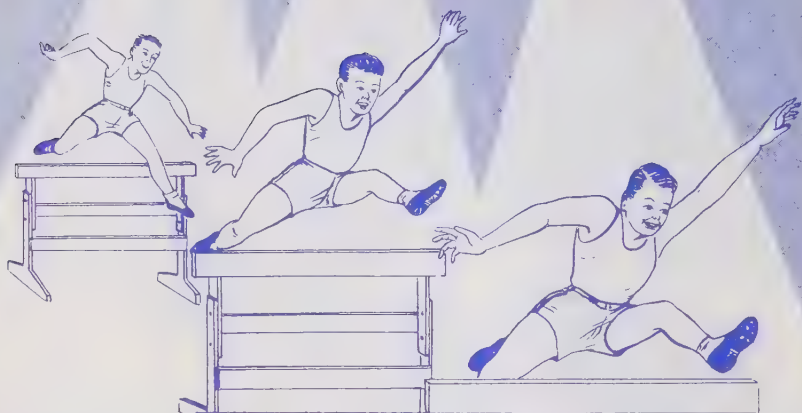
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# SCIENTIFIC

## Temperance



## Journal

Volume 73

May, 1965

No. 2



Unlike many beauty winners who strut on their stage briefly and then are forgotten, Linda Loftis, a winner in the Miss America Pageant, is now well on the road to a spectacular career in music and television. Because of the high ideals which she holds, Linda should be the means of encouraging millions in our modern day to live better lives themselves.

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# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.  
EDITORIAL OFFICES: WESTERVILLE, OHIO

Volume 73

May, 1965

No. 2



It is time that young people become aware of the fact that because advertising makes a product appear wonderful, glamorous, the "thing to do," it isn't necessarily so. We must decide for ourselves and stand on our own convictions.

I don't want to lose my health, happiness, or the promise of future happiness in my career or home through the dangers inherent in alcohol or any

other damaging product.

I don't feel that this is a lost cause. I have the greatest faith in America's young people and their desire for integrity and moral standards. Because of this, I feel justified in saying that each one of us must look at drinking and other moral problems as personal decisions. Only by sincerely looking within ourselves will we be able to say, "I can do without it."

*Linda Loftis*

All material in this Issue is taken from Listen News Service and Listen - a bimonthly journal for better living, published in the interests of Scientific Education for the prevention of Alcoholism and narcotic addiction.

Published four times during the school year — by The Temperance Education Foundation, Inc., at Westerville, Ohio

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage 16 cents additional.

Entered as second-class matter June 6, 1915, at the postoffice at Westerville, Ohio, under the Act of March 3, 1879

# Stagg—A Legend in Clean Living

Athlete, coach, leader of men—this is the story of Amos Alonzo Stagg, now dead at the age of 102.

"Grand Old Man of Football," he was called. Actually he was "everybody's grand old man." Coach for 70 years, he remained active until he was past 98, or until failing eyesight forced him to retire.

After 41 years at the University of Chicago as coach, he was offered an honor-

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## **Coach Stagg's Credo:**

**"My prayer has not been for victory. It has been, 'Let me do my best.'"**

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ary position. He refused, saying, "I could not and would not accept a job without work. I am fit, able, and willing, and refuse to be idle."

He then coached 15 years at College of the Pacific, six more years at Susquehanna University, and polished off his career as coach at Stockton College. During this time his little schools played the football powerhouses of the day and usually emerged on top. His lifetime wins totaled 310 games on the gridiron.

**On his hundredth birthday he joked, "I may live on forever, because statistics show that few men die after the age of 100."**

Small in stature, but a giant in ability and determination, as a young man he turned down offers to go into professional baseball because at that time ball parks had saloons in them, and he was studying for the Presbyterian ministry.

When he was convinced that he never would be a good public speaker, he traded the pulpit for athletics, and decided to "make the young men of America my ministry."

Stagg never allowed any of his players to



Wide World Photo

**Recipient of virtually every possible football honor, Coach Stagg holds gold-plated ball presented to him on his ninety-second birthday.**

smoke, drink, or swear. This trio of habits he personally eschewed vigorously, and exemplified in his own life the strict adherence to the rules he expected of his boys.

**"A player is ready to play football when he is ready for sixty minutes of action at top speed," he said. He established the model of what the amateur athlete should be: Clean living, fiercely competitive, and above all prizing the ideal of good sportsmanship. He was severe on any infraction of training restrictions. To break the rule was to invite immediate dismissal.**

As a boy, Stagg took the ancient Spartans as his model, admiring their discipline, self-denial, and independence. The way to do things he decided, was on his own—his own resources, physical, financial, and spiritual—a principle he built upon for more than a century.



# Less Smoking in Hollywood



Wide World Photo

**Having kicked the habit himself, Cary Grant is now an outspoken champion of no smoking. Here he is shown in a recent film speaking to the United Nations.**

## Movie and TV Stars

The pall of cigarette smoke that hangs over Hollywood parties has thinned out noticeably. Dozens of stars have quit the tobacco habit.

Cary Grant, a heavy smoker for more than thirty years, kicked the habit some two years ago. He is now active in warning others of the tobacco health hazard and in encouraging them to "quit the weed" for better living.

Negro nightclub comic Dick Gregory, who smoked more than five packs a day, has quit.

Danny Kaye has given them up, so has

## Quit Tobacco Habit

Andy Williams. Steve Boyd, a three-pack-a-day-man, is kicking the habit.

Paul Newman and his wife, Joanne Woodward, quit. Paul smoked three packs a day for 20 years. His program for quitting: constantly read adverse reports on smoking, make it your only New Year's resolution, make a \$1,000 bet with someone that you can quit.

Most ironic twist concerns health specialist Clint Walker who has never smoked. When he reported to work recently for a new movie, the script called for him to light up a cigarette.

# New Song in Her Heart Thrills World Singer Mahalia Jackson

She sings before kings and presidents, astounds musicologists, appears before overflow crowds in world-renowned music halls such as Vienna's State Opera and London's Albert Hall, and has five times thrilled standing-room-only audiences at New York's Carnegie Hall.

But now Mahalia Jackson Galloway has a new song in her heart. She was recently married (1964) to a "good man," a widower, Minters Sigmund Galloway.

The secret was so well kept that her closest friends were taken by surprise. Even they did not know Mr. Galloway, so quietly was the courtship conducted.

"I first met her on a Columbia Studio lot in California when a friend of mine who was playing for her recording session invited me to go along," he says. "She sang 'Take God by the Hand,' and I got all full inside. I thought to myself, a woman who can sing like that must be very warm inside. When she finished, I walked up and introduced myself and complimented her."

## Invited for Cornbread and Greens

After the session, Sigmund invited Mahalia and the rest of the musicians over to his house for cornbread and greens, but she was tired and declined the invitation.

Three months later when Mahalia re-

turned to California, Mr. Galloway called on her. "But," he said woefully, "her secretary wouldn't let me in!" It wasn't until he went to Gary, Indiana, to visit his uncle, home developer Andrew Means, that they had their first date.

From there on things progressed rapidly. Late one night they made up their minds. Mahalia called her long-time pastor, Leon Jenkins, and gave him the good news. Two days later he married them in a private seven-minute ceremony in her home.

Mahalia's home before her marriage was like a miniature Grand Central Station. Phones and doorbells rang constantly. Business people and friends dropped in and usually stayed all day, and if Mahalia had been cooking, few left before dinner.

"I like my table to be filled with people," she says, "people who really enjoy my cooking. A good meal relaxes folks, makes them feel good toward each other and stop hating."

## Private Trans-Atlantic Concert

Imagine the surprise of friends when suddenly Mahalia's telephone began to be answered by a masculine voice. "I'm the only man in the world," he boasts, "who ever had a private trans-Atlantic concert sung to him by Mahalia Jackson." "It was his birthday and I called to sing Happy Birthday," she explained, blushing. "I was on my way home from the Rotterdam Christian Youth Society Conference."

Mahalia Jackson's long quest for "lasting love" also includes the "joy of bringing up children." In Minters Sigmund Galloway she not only found her man, but also a lovely daughter, Sigma.

Mahalia's fame has covered the earth. Her records are heard from Tokyo to Melbourne, from Africa to the South Pacific. She has six gold records (1 million sales) to her credit. Her first commercial hit was "Move on Up a Little Higher," which sold eight million records.



turned to California, Mr. Galloway called on her. "But," he said woefully, "her secretary wouldn't let me in!" It wasn't until he went to Gary, Indiana, to visit his uncle, home developer Andrew Means, that they had their first date.



# Alcohol May Cause Brain Cell Addiction, Specialists Find

Alcohol has the ability to cause cell changes, especially in the brain, reports the American Medical Association's Dr. Marvin A. Block. Prolonged dousing with alcohol alters the chemistry of brain cells so that alcohol becomes a necessity for cell function.

The heavy drinker who starts out looking for escape or courage in a bottle may end up needing alcohol for his brain cells just as a diabetic needs insulin injections for the sugar-using cells of his body.

"Loss of control is the thing that distinguishes the social drinker from

the alcoholic," says Dr. Block, current vice-president of the National Council on Alcoholism.

"We don't understand the exact causes of loss of control with alcohol. . . . We do know that the protoplasm of the cells, particularly the brain cells, is affected by chemicals introduced."

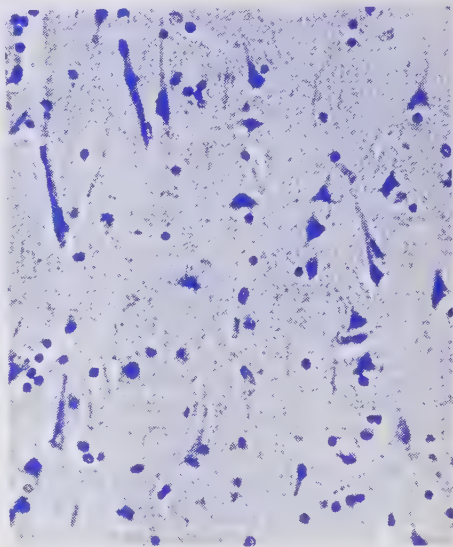
If the use of such drugs continues, he says, the cells soon develop a tolerance for them. And after tolerance is established, "the cell proceeds to develop a necessity for having the drug present in order to function. We now have physiological or physical dependence."

When alcohol, narcotics, or other addictive drugs are suddenly removed, the cells must reorganize their way of life.

"The cell may undergo something comparable to a convulsion in order to accommodate itself to functioning without its dependent drug," Dr. Block goes on.

"Doctors at the University of Michigan Medical Center, for example, have shown that live human cells outside the body can become addicted to morphine when the drug is added to their environment," he reports. "Some of the cells die when morphine is suddenly withdrawn from their diet after they become addicted."

"And researchers at Georgetown University have reported a veritable convulsion of alcohol-addicted cells when alcohol



"Ghost cells" appear in the brain of the chronic drinker, causing brain shrinkage. This picture of a section magnified from the brain cortex of an alcoholic shows some of the cells present though shrunken, but only shadows of other cells which are undergoing degeneration can be seen. Alcohol, like other slow poisons, gradually but progressively destroys the nerve cells of the brain cortex. (Picture from Cyril B. Courville)

is withdrawn. The wall of the cell apparently undergoes this convulsion."

The ability of cells to become addicted, Dr. Block says, helps explain why a person can never be truly cured of alcoholism.



The leaping lady marvel, IOLANDA BALAS, of Bucharest, Romania, set a new Olympic record of 6.2 feet at Tokyo for the women's high jump.

Blond and tall, Iolanda is a specialist in sports. This twenty-seven-year-old woman is now in her fourth year as a student of academic sports. Would she, therefore, as a champion, a sportswoman, and a specialist in sports, give her opinion: Are liquor and tobacco beneficial in any way to a sportsman?

"No, no, no! Liquor and tobacco are not beneficial to any sports or to any person concerned."

With a screwed-up face and a wave of her hand, she wiped away any idea that smoking was pleasant or good. "Also, alcohol is not good for the mind," she pointed out. "Milk, water, and fruit juices—these are good, very good."



**BOB HAYES**, a young man of twenty-one, believes in clean living. With about 150 press, radio, and TV men crushing forward to listen, Bob was asked, "Do you drink or smoke, Bob?"

"No, I don't," he said in a slow, emphatic manner.

"Well, what do you drink?"

Leaning forward and with a smile on his face, he drawled, "Milk."

That wasn't sufficient for one newsman, and he put the scorching question, "Why don't you drink or smoke?"

Now, Bob was in the mood for a quick reply. "Because they're no good for me."

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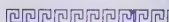
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The higher one goes, the harder it gets, is certainly true for a pole vaulter. To gold medalist FRED HANSEN it meant a grueling nine-hour battle to outlast his strong, well-qualified vaulting competitors.

A Texan, Fred, twenty-three, is a six-foot American. He weighs 165 pounds. To get this weight up and over the

16 feet 9 inches that set a

new Olympic record meant physical and mental stamina.

However, he had done better when he set the world record of 17 feet 5 inches prior to the games.

As for his personal health, he believes in nondrinking and nonsmoking. "Good health is possible through a good sport if the body is developed and cared for. I go for orange juice—the real fresh dish!"

**"THE  
REAL  
FRESH  
DISH!"**

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# SCIENTIFIC

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## Temperance



## Journal



Volume 73

September, 1965

No. 3



SUMMER TIME IS VACATION TIME — TRAVEL TIME — FUN TIME. IT IS ALSO A TIME FOR HIGHWAY ACCIDENTS. FIFTY-FIVE PER CENT OF ALL HIGHWAY ACCIDENTS ARE ALCOHOL - RELATED. TRAVEL THE ALCOHOL-FREE WAY.

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.  
EDITORIAL OFFICES: WESTERVILLE, OHIO

Volume 73

September, 1965

No. 3

## ALCOHOL, THE MAJOR CAUSE

Alcohol is the major cause of most fatal accidents in Western Europe as it is in the United States. **Parade's** special intelligence report entitled MURDER ON THE HIGHWAYS says:

As prosperity burgeons in Western Europe, more people buy more automobiles. The roads become more crowded. Auto accidents and fatalities boom. In the U.S. where we have 90 million vehicles, we average almost 1,000 road deaths and 30,000 road accidents per week. It's not that bad in Europe, of course, but the toll is mounting. Over there as in this country, alcohol continued to be the major cause of most fatal accidents, and an all-out campaign is under way to halt drunk driving. West Germany has replaced fines with jail sentences of 1 to 5 years.



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USE NATURE'S BEST DRINKS — MILK AND FRESH FRUIT JUICES

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Entered as second-class matter June 6, 1915, at the postoffice at Westerville, Ohio, under the Act of March 3, 1879

# Mix Drinking and Driving--Deaths Are Inevitable, Says Psychiatrist

In 1965, some 24,000 Americans will die at the hands of drunk drivers.

These deaths are "inevitabilities," not "accidents," says Dr. Melvin L. Selzer, psychiatrist at the University of Michigan Medical Center, who bases his grim estimate on an investigation of 72 persons judged responsible for fatal motor vehicle accidents.

Over a three-year period, the 72 killed a total of 87 persons, including, in 59 cases, themselves.

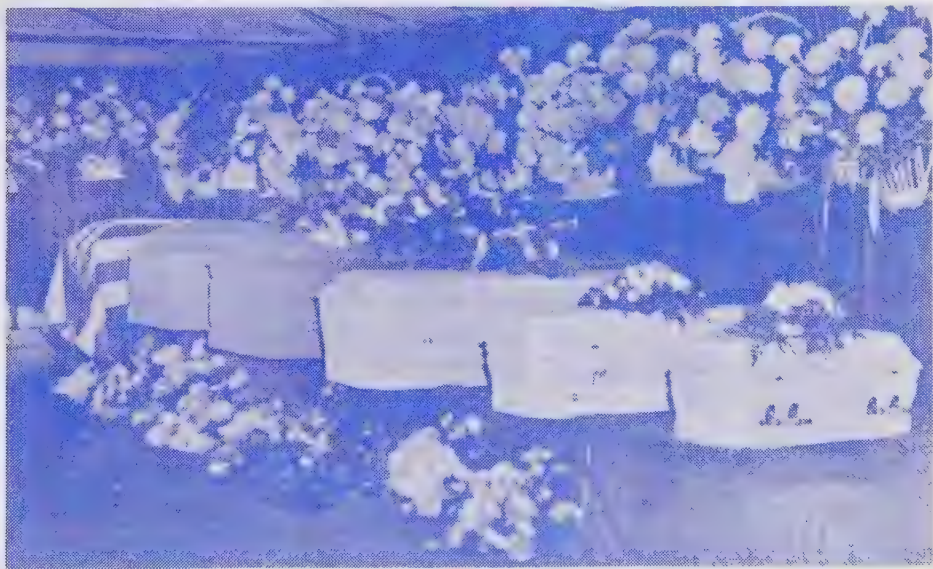
Thirty-six of the 72 were alcoholics or developing alcoholics. All but one, plus 31 percent of the nonalcoholics, had been drinking immediately before the accident.

Sixty-four of them were men, and 42

had recognizable psychiatric problems other than alcoholism, the most common symptom being the extreme form of suspicion and distrust called "paranoid thinking."

Most ominous was the fact that eight of the alcoholics had accumulated 17 previous convictions for drunk driving and two had been responsible for a previous traffic death while driving in an intoxicated state. Ten had been convicted for drunk and disorderly behavior.

"It is clear," says Dr. Selzer, "that arrests and penalties for drunk driving or drunk and disorderly offenses do not protect the driving public. Three of the 72 drivers were driving without a license."



Jamestown (N.Y.) Post-Journal

These six caskets tell the gruesome story of the George N. Bentley family, when their car was hit head on by a vehicle driving the wrong way on the Ohio Turnpike near Norwalk, Ohio. The only survivor of the crash that killed seven people was the driver of the wrong-way car—who had been drinking.





**SAYS:**

"There Will Probably Be A Record 50,000 Highway Deaths This Year – Yes, 50,000 Violent Deaths, An Appalling Number In Peace Or War. - - - -

"The Most Serious Menace Of All – About Half The Drivers In Fatal Accidents Are Drunk. Men, Not Cars, Are Responsible For That."

# THE ACCIDENT TRIANGLE



## Men, Not Cars, Are Responsible

LIFE, in a strong editorial on "Cars, Roads, Drivers and Safety," (7/29/65) concludes by saying that: "The most serious menace of all - about half the drivers in fatal accidents are drunk. Men, not cars are responsible for that!"

LIFE noted that the highway death rate has been creeping up steadily since 1961 and predicted that "there will probably be a record of 50,000 highway deaths this year - yes, 50,000 violent deaths, an appalling number in peace or war."

As reported in LIFE, Senator Ribicoff, whose subcommittee is holding hearings on car design, "has made safety his personal issue." After studying many safety devices which might be built in or put on to passenger cars the Connecticut Senator says that "only so much safety can be built into the car itself. The other sides of what Ribicoff calls the 'accident triangle' are the highway and the drivers."

LIFE states that when the Connecticut Senator was Governor of his state he made it one of the saf-

est by getting tough with the driver, not the auto maker. He believes that more uniform traffic and licensing laws could prevent accidents rather than mitigating them, and their crazy variety is a more serious menace to life than non-padded visors.

But the drunk driver is the most serious menace of all. LIFE, which usually flashes many full-page liquor ads, is to be congratulated on carrying only two (Canada Dry Bourbon, and Gilbey's Gin) in the July 28th issue. LIFE's safety editorials are undercut by its liquor advertising. It is too much to hope that LIFE would unilaterally give up its \$12,000,000 liquor advertising receipts each year unless other magazines agreed or were made to discontinue their liquor ads. But certainly LIFE's editorial statement that "half the drivers in fatal accidents are drunk" should encourage safety and temperance workers to push for a ban on all liquor advertising, in whatever medium it may appear.

The American Issue is grateful to LIFE for its excellent editorial and hopes that more will continue to appear until the drunk driver is eliminated as a deadly highway menace.

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## BIBLIOGRAPHY ON BEVERAGE ALCOHOL

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**ALCOHOL EDUCATION FOR THE PRIMARY GRADES**, Howard E. Hamlin. — A pamphlet by a noted educator; contains the author's experience of eleven years with children of the primary grades; tested lesson plans; illustrated. Paper; 24 pages; single copy, 15 cents.

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#### C

**CUP OF FURY (THE)**, Upton Sinclair. — Intimate, personal, revealing true stories of many men and women in the American literary world whose careers were tragically cut short by "moderate drinking" which became uncontrollable alcoholism; written by Pulitzer prize winning, world renowned author. Cloth; 190 pages; single copy, \$3.00.

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**FROM THE ALCOHOLIC "WAY OF LIFE" TO THE NATURAL**, by an A.A. member. — A study in the "new understanding" series; edited by Harry S. Warner, L.H.D. Paper; 16 pages; single copy, 20 cents.

##### H

**HOLY BIBLE AND DRINK (THE)**, Lloyd B. Mignerey, D.D. — Contains sections on how to approach the problem of drinking; fact-findings on the effects of drinking; some conclusions about drinking; and "the better way" — all in the language of the Holy Scriptures; fifty questions for discussion; guidance for the individual; useful for church school classes of youth and adults. Paper; 16 pages; single copy, 10 cents; 20 copies for \$1.00; 100 for \$4.00.

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the sources of the alcohol problem, reasons for its persistence, its excuses and complications. Paper; 16 pages; single copy, 20 cents.

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**POSTER, "GIVE YOURSELF A FAIR BREAK"** — Pictures and statements of famous athletes and coaches; excellent for school displays; measures 11" x 8 1/2". Price: single copy, 5 cents; 200 for \$2.00.

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**RULER-BOOKMARK.** — Six-inch ruler in two colors, on heavy, glazed paper stock; inscribed on front and back with information regarding health and alcohol; excellent for free distribution to teen-agers, junior high schools, etc. Price: \$2.00 per 100; \$15.00 per 1,000.

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**SPORTS NOTEBOOK.** — Vestpocket size; with pictures and sayings of noted athletes, including Olympic champions, who say, "No alcohol for us!"; blank notepages for recording school athletic schedules and events; very effective for teen-agers. Paper; single copy, 10 cents; \$4.00 per 100; \$30.00 per 1,000.

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**THIS IS C<sub>2</sub>H<sub>5</sub>OH.** — Compiled from authoritative sources; scientific facts concerning beverage alcohol; illustrated. Paper; 12 pages; single copy, 10 cents; 12 copies for \$1.00; 100 for \$6.00.

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**ALCOHOL AND ADVERTISING.** By "C<sub>2</sub>H<sub>5</sub>OH Himself." — Exposes dangers and fallacies in much of the liquor advertising; illustrated; Paper; 32 pages; single copy, 30 cents.

**ALCOHOL AND LAWLESSNESS.** Lloyd M. Shupe. — A straightforward discussion for young people and adults by an eminent crime laboratory authority; strips the glamor from drinking and portrays certain end results truthfully. Paper; 32 pages; single copy, 30 cents.

**ALCOHOL AND TOBACCO.** Hearn and Hearn. — A Brief discussion, full of helpful hints that young people will understand and appreciate. Paper; 24 pp; single copy, 30 cents.

**ALCOHOL AT THE WHEEL.** Robert V. Seliger, M.D. and Lloyd M. Shupe. — A brief discussion by two outstanding authorities of drinking and driving; prepared especially for young people. Paper; 32 pages; single copy, 30 cents.

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**TODAY'S DECEIVER.** Helen M. Allen. — An inspiring educational tool for

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**WHAT ABOUT SMOKING?** C. Aubrey Hearn. — For individual reading and group discussion. A well-documented, logical and persuasive presentation of the smoking problem. It will appeal to smokers and non-smokers, young and old. Paper; 64 pages; single copy, 50 cents.

**SMOKING AND YOU** — A new 1965 abridgment of What About Smoking? Price 30 cents.

**YOUTH QUESTIONS ALCOHOL**, John W. Irwin. — A brief, commonsense discussion; illustrated; senior high school level. Paper; 32 pages; single copy, 30 cents.

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Are You Fighting Mad Yet? — William J. Setzer

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Lowdown on Alcohol — George W. Crane, M.D.

The Real Point at Issue — R. I. Grindell

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# SCIENTIFIC

## Temperance Journal



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ON-

Volume 73

December, 1965

No. 4

*Excerpts From*

# LOOKING AT ALCOHOL

A Brief Compilation  
addressed to Young and Old

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# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.  
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Volume 73

December, 1965

No. 4

## THE CUP OF FURY

By Upton Sinclair

Mr. Sinclair states that he was raised in a virtual sea of liquor: "First it was my father. Then no fewer than three of my uncles. Then one friend after another . . . I compile a list of the drinking people I have known. Two score of them went to their doom, eleven as suicides . . . I put before the public this tragic record of genius, twisted and tortured by drink, as a warning to the nation."

In "The Cup of Fury" are the intimate, personal, revealing stories of men and women like Jack London, Dylan Thomas, Sinclair Lewis, O. Henry, Stephen Crane, Isadora Duncan, Maxwell Bodenheim, William Seabrook, and many others whose moderate drinking became uncontrollable alcoholism.

Through the assistance of Mr. Sinclair, his publisher, and other friends we are able to send **free of charge** a copy of "The Cup of Fury" to school librarians sending in a request for their library. Send request to

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## WHAT BEVERAGE ALCOHOL CAN DO TO YOU— OR ME

**Alcohol Defined.** The alcohol in any alcoholic beverage is, chemically, ethanol (ethyl alcohol) ( $C_2H_5OH$ ), described as a clear, colorless, very mobile, inflammable liquid with a pleasant odor and a burning taste. It is made from starch, sugar, and other carbohydrates by fermentation and in more concentrated form by distillation of the fermented liquid. Alcohol has important uses in industry as a solvent, in the making of pharmaceuticals, in perfumery, and in organic synthesis. We are here concerned with its use in alcoholic drinks like beer, wine, whisky, gin, rum, brandy and the like. The volume of alcohol varies in different drinks, ranging from 3 or 4% in beer to about 50% in some whiskies and rums. *But beverage alcohol is always ethyl alcohol no matter in what beverage it is used.*

**Small Amounts Dangerous.** Even small amounts of alcoholic drinks produce slower reflexes and coordination. In a test run in the Crime Laboratory of the Columbus, Ohio, Police Department, 100 persons were given a simple eye-hand coordination test, then given  $1\frac{1}{2}$  ounces of whisky and, after a short time were given the same coordination test over again. *Not one of these individuals could perform the test as quickly or as accurately*

ALCOHOL IS THE SAME  
NARCOTIC YOU FIND IN ALL  
THESE BOTTLES AND CANS



the second time as he had the first time. Beer can affect people in much the same way as whisky.

**Pharmacologically, ethyl alcohol is a narcotic drug or an anesthetic, since, when taken internally, it affects the central nervous system and in sufficient quantity produces sleep. Ethyl alcohol is not a stimulant, it is a primary and continual central nervous system depressant. It never adds to or supplements the skill of a person. Its effects are always subtractive. It is a narcotic drug that slows down reaction, perception and coordination.**

**Reaction Time and Judgment.** Under the influence of alcohol means exactly what it says—that some alcohol has been drunk by a person and has caused some influence on him. The amount of alcohol consumed, whether it be an ounce or a pint, is not vital to the definition of "under the influence."

Similar tests reveal another change when alcohol becomes absorbed in the blood—a change in mental attitude. Those persons with only one small drink of whisky usually think they can do the tests better after drinking than before. Thus judgment is affected.

**In the Brain.** When it reaches the brain, alcohol has a numbing action, starting with the outer part of the brain where the higher center of learning



This head on collision is explained by a patrolman as coming from two causes: drunken driving and excessive speed. Results were death for one driver.—Courtesy, Ohio State Highway Patrol.

and thought are located and going toward the center and bottom of the brain where the involuntary nervous center is located. The higher centers of the brain are the centers of moral standards, religious standards, and legal standards. This is the part of the brain which tells us not to do those things which we shouldn't do. We call this the higher inhibitory control mechanism. Here is where alcohol does its first damage. Alcohol, being an anesthetic, causes a numbing action on the brain. Drinkers go through five distinct stages of intoxication according to the amount of alcohol they have in their blood stream.

### Five Stages of Intoxication

#### First Stage

(0.01% to 0.12% in blood)

This we may call the *subclinical* stage of "intoxication." By ordinary observation, usually the individual appears apparently normal; but special tests may show slight changes. He feels good and has increased self-confidence. He may talk fluently and carelessly. It has been found that about 30% of the people show visible evidence of "intoxication" at this stage.

#### Second Stage

(0.09% to 0.21% in blood)

We call this the stage of *apparent stimulation*. We find decreased inhibitions and increased emotional instability. There is some lack of co-ordination and a slowing up of response to stimuli. We also find memory and comprehension impaired and a loss of critical judgment. Upon the agreement of most authorities, 90% of the people with this concentration show definite signs of "intoxication."

#### Third Stage

(0.18% to 0.30% in blood)

Let us call this the stage of *confusion*. There is a disturbance of sensation and a lessening of the sense of pain. The gait becomes staggering and the speech is slurred. We also refer to this stage as one of acute intoxication. All authorities agree that with over 0.25% alcohol in the blood, 100% of the people may be diagnosed as intoxicated.

#### Fourth Stage

(0.27% to 0.39% in blood)

This is a stage of *stupor*. There is a marked decrease in response to stimuli and evidence of approaching paralysis. This is demonstrated by apathy, general inertia, and impaired consciousness.

### Fifth Stage

(0.36% to 0.48% in blood)

Here we have the stage of *coma*, that is, complete unconsciousness. Reflexes are depressed and temperature is subnormal. \*\*\*In this stage, death may occur.

### SOCIAL DRINKING AND "MODERATION"

This will be a short but very important section because it seeks to emphasize that "moderation" and "social drinking" may be misleading words for you in connection with your approach to the alcohol problem.

We know, just as you know, that many of our finest citizens use alcohol moderately as social drinkers or in compliance with custom or tradition. We also know that heavy social drinking is on the increase with both women and men. And, of course, we know that alcoholics—those who cannot refrain from drinking—present an ever-increasing problem to themselves and to society.

**"Moderation" May Mislead You.** It would be foolish to deny that it is better to use beverage alcohol moderately than heavily. But science has found no way to predict accurately whether you can handle beverage alcohol moderately or whether you will become a heavy drinker—assuming that you now make the mistake of starting to take occasional drinks.

But even "moderate" use of beverage alcohol can be very hazardous. As we have just explained in the preceding chapter, alcohol's first effect is upon judgment, upon proper decision. And judgment is all important to young or old. Judgment, or lack of judgment, can and does affect careers, choice of jobs, marriage, education, and general citizenship. To make wise choices in this highly competitive world, people need all the good judgment they possess. And alcohol's first effect, even in moderate doses, is to lessen the ability to judge and decide properly.

One foolish decision may easily wreck a life.

Read the papers and note what is happening every day to people—much like you—who have made unwise choices about drinking.

**No, Thank You.** Socially, there is nothing wrong in your declining beverage alcohol at any party or with any group. Drinking cannot possibly do you any good and it may do you untold harm.

**Social Drinking.** Social drinking is hard to define but in general it refers to drinking at a party, with a group, or with one or two friends. It sounds harmless and liquor advertising makes it appear attractive or, worse still, a routine part of the American way of life.

Sooner or later, social drinking will probably present itself to you. It may be at a friend's home, at a party, at a restaurant, or, perhaps, even in your own home. When the occasion comes, you must make a big decision, a decision that may affect your entire future.

**Law Forbids Alcohol To Minors.** Law does many peculiar things about alcohol because throughout the centuries it seems to have found no way to regulate or control it properly. But the law has always insisted that alcohol is bad for young people and has forbidden its sale to them.

Later, we shall discuss the misleading *revenue* argument in favor of alcohol. But now we shall content ourselves with asking you a question or two. If alcohol is bad for minors, why isn't it bad for older people? Is there any age in the growing up process at which we can say that beverage alcohol suddenly becomes non-dangerous? Why does law forbid selling alcohol to young people and then permit the glorification of alcohol in advertising in magazines and over the air?

**The Social Drinker and the Alcoholic.** The social drinker and the alcoholic have this much in common—both use beverage alcohol. Some social drinkers *apparently* go through life using alcoholic drinks without perceptibly increasing from year to year the amount of alcohol consumed. Other social drinkers apparently tend to use more and more alcohol at this party or that and are sometimes called "heavy social drinkers." The alcoholic, who must, in the beginning, have been a light social drinker, is one who has reached the bottom rung. He cannot stop drinking at will and his important activities in life are submerged by drinking as is shown by his job standing, his behavior, his reputation, and the worry he gives friends and relatives.

### ALCOHOL AND ATHLETICS

If you are an athlete either in high school or college, you will hardly have to read this chapter because without question your coach has already told you what we are about to say—that alcohol and athletics do not mix.

**Talk to Any Coach or Health Teacher.** Just go to any coach or health teacher and ask his or her opinion about alcohol and athletics or, for that matter, ask about alcohol's effect upon many of your activities. You will invariably get the same answer from well informed teachers and coaches.

**Reaction Time.** In athletics, as in other activities, reaction time is a phrase used to describe the time it takes you to react to a given signal. For example, if you are in a foot race to be started by the shot of a gun, you want to be ready to start the moment the shot is fired. But alcohol can slow up your reaction time so that you may get a late start.

In Chapter I, we also learned that one of alcohol's first effects is upon your judgment or ability to decide. You might even get so befuddled in a foot race that you would "jump the gun."

In basketball, in football, in track, in boxing, and in most competitive sports, quick reaction time and good judgment are essentials. And alcohol dulls both. Need we say more?

### ALCOHOL, DELINQUENCY, AND CRIME

We have for this section borrowed from a booklet called **ALCOHOL AND LAWLESSNESS** written by Lloyd M. Shupe, Director of the Crime Laboratory of the Columbus, Ohio Police Department.

### UNDER ALCOHOLIC INFLUENCE

"Under the influence of alcohol" is a difficult term to define. We know that the person who staggers down the street, has the odor of alcoholic liquor on his breath, has blood-shot eyes, a thick tongue, and an indifferent attitude is intoxicated. *Intoxicated, drunk, and inebriated* all mean the same.



**Not A Stimulant.** Alcohol is not a stimulant—alcohol is a primary and continuous central nervous system depressant. That is, when alcoholic liquor is consumed, we are never as sharp and never as keen as we were before we consumed the alcohol.

**"The effects of alcohol are subtractive. Alcohol takes away. It never gives or adds to or supplements. It lowers ambition. It is a physiological depressant. It costs money."**

**Juvenile Delinquency.** A juvenile delinquent may be described as a juvenile who commits a crime. He may be handled more leniently by the law because he has not arrived at whatever age his particular locality has established as the dividing line between the juvenile and the minor or adult.

In Ohio, anyone under the age of eighteen is considered a juvenile. If he is past eighteen and not yet twenty-one, he is considered a minor. Juveniles commit acts of delinquency. After the age of eighteen is reached, however, many of the acts of delinquency may become criminal acts and under the law can be punished by imprisonment in the reformatory or even in the penitentiary.

The juvenile presents a police problem and the police are interested in doing everything they can to straighten out the juvenile delinquent. The juvenile of today will become either the hope of tomorrow or the criminal of tomorrow. People don't just arrive at the age of eighteen and all at once become bad. There are signposts along the way that tell us where they are heading. The signposts may be such obvious things as stealing, sex abuses, or wanton destruction of property. They may be such things as lying and cheating. And drinking may be a signpost.

**Delinquents Become Criminals.** Youthful habits easily become adult habits. We know stealing is a crime. We know lying and cheating are steps toward delinquency. And we also know that drinking may pave the way to delinquency. When the juvenile becomes eighteen, he loses the protection of the term, "Juvenile Delinquency," and may speedily become, almost before he knows it, a criminal or a drunkard. Young people can and should take some warning from the fact that you can't change your habits easily just because your age changes.



One person was killed and two were severely injured when the driver of this car ran into the back of a truck hauling a load of corn. The driver of the car was charged with drunken driving and manslaughter. The blood alcohol test of the driver was .24%. The person killed was a passenger in the car.—*Courtesy, Ohio State Highway Patrol.*

## DRINKING AND DRIVING Intoxication—Legal and Otherwise



The cryptic remark filed with this picture pretty much tells the story: Drunk driving.—*Courtesy, Ohio State Highway Patrol.*

"Scientific experience indicates that the typical drinker will approach a blood alcohol level of .05 per cent on two ounces of whisky or two bottles of beer, retaining this concentration for at least an hour. Some experts insist that this is a definite zone of impairment. If he takes a minimum of four more ounces of whisky or four more bottles of beer over the duration of the usual social gathering of two or three hours, he will probably reach the .15 per cent level of legal intoxication. Even if he now stops drinking, his driving may be impaired for another six to 10 hours, because the average adult's blood alcohol level decreases at the rate of only .015 per cent per hour after the final drink.

"Widespread tests show what happens to drivers at even the low blood alcohol level of .05 per cent. The drivers' have difficulty in deciding what to do in emergencies requiring judgment. Though their manual reaction time may be fairly good, they take much too long to decide what to do. And they show a 'so what' attitude."

**The "Myth" of Moderation.** As Dr. Gerber pointed out years ago, and as grim statistics now tend to prove, alcohol has some connection with over half of our traffic fatalities. We are slowly beginning to learn, at terrific cost, that a small amount of alcohol can make one very dangerous with a car. We do not refer here to the crying, reeling, evidently drunk individual. Rather we refer to the typical social drinker who seldom gets "tight" in the common acceptance of the term.

The "moderate" drinker is a killer on wheels more often than is the obvious drunk. Eventually, we believe that police records will show this in all sections despite the difficulty always involved by police in proving alcohol responsible in the moderate drinker's case.

We kill about 40,000 on our fine highways each year. It is hard to realize that the "moderate" drinker is responsible for much of this slaughter.

**Beer and Wine.** Most of you know that whisky, gin, brandy, vodka, and similar drinks are intoxicating despite the glamour advertising showing "Men of Distinction," and women, pouring from beautiful decanters amid "plush" surroundings.

Liquor advertising somehow fails to show Skid Row or automobile wrecks. And you must wonder why.

You must also wonder why wine and beer advertising says too little about alcohol. Yet you

must know that beer would not "relax" as it does except for the ethyl alcohol in it. Be certain of this—that beer can make you dangerous with your car just as whisky can. Beer is not a home necessity like milk, as some of the beer advertising almost seems to want us to believe.

If you decide to start drinking, don't fool yourself by accepting the idea that beer is non-intoxicating. It can and does intoxicate people daily but you do not see much about that on television.



The driver of this car was in the wrong traffic lane on a divided highway and crashed head on into another car. One person was killed and six were injured, including two children five years of age who were passengers in a third innocent car involved. The driver was arrested and charged with driving while intoxicated and manslaughter. The person killed was a passenger in this car.—*Courtesy, Ohio State Highway Patrol.*

**Will You Be a Killer on Wheels?** We have written this chapter realistically. You don't need to drink much to become potentially dangerous. "A few beers" may wreck a car or take a life—possibly yours. Think it over if you like to drive.

**Alcohol is a narcotic. Nobody, young or old, should be able to purchase narcotics without a doctor's prescription. Yet, in America, we permit the sale of this particular narcotic without prescription and we also seem to think that state and local governments make a profit out of such sales. We shall discuss this COST and PROFIT later but we hope you start thinking it through right now!**

#### THE FINANCIAL COST OF BEVERAGE ALCOHOL

**Annual Cost.** No one can tell actually what is the beverage alcohol cost to the people of the United States. But we do know that ten billion dollars is not an unreasonable estimate of the annual amount spent—close to \$50.00 per year for each man, woman, and child in America.

Listen again. The amount spent for beverage alcohol in almost any year now is greater than the amount spent in department stores and mail order businesses in the United States. This amount is far greater than the cost of operating our national government for any year up to 1918, and is more than the total expenditure of our national government for the first eighty years of its existence.

**Other Costs.** The above figures are conservative in that they represent only what people spend for beverage alcohol itself. It simply is impossible to determine, or even estimate, alcohol's added cost for hospitals, for police protection, for alcohol caused accidents and crime, and for all the social misery that goes with such costs.

You can estimate the value of a wrecked car but you can't estimate the value of the life or lives snuffed out in the same wreck. Nor can you estimate the dollars spent for police, for penitentiaries, for hospitals, and for other welfare institutions because of alcohol. The amounts must be staggering.

**If you teenagers — or adults — could see "drunks" as police officers see them, you would be more likely to avoid that first drink.**

**Since you do not know what you may do while under the influence of alcohol and since you may change from an occasional drinker to an alcoholic wreck, your native intelligence and common sense should convince you that abstaining from alcoholic beverage is your safest bet.**

**Figure it out for yourself. "A word to the wise is sufficient."**

We ask you a simple question. Does beverage alcohol tax represent profit or loss to America? Think it through and blame nobody but yourself if you come up with the wrong answer.



In the sketch above (taken from *Alcohol and Advertising*) King Alcohol (personified) brags of the billions he takes in and seems to sneer at the poor customer who gets something back in the way of taxes. Or does he get a real tax return?



The body being carried from the accident scene is that of a drinking driver, not a drunken driver. Note the tenseness of the scene as spectators are appalled at the useless loss of life.—*Courtesy, Ohio State Highway Patrol.*

**We do not mean to preach in this short booklet but we would be less than honest if we should fail to recommend ABSTINENCE at the beginning of this discussion. The safest plan for any person, young or old, in regard to alcohol, is to avoid that first drink. Such avoidance of alcohol is often called ABSTINENCE and we don't want to dodge the issue. If you ABSTAIN from drinking, you will never have the problem of alcohol to solve.**

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## Journal



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ABRAHAM LINCOLN



MY EXPERIENCE  
HAS CONVINCED ME THAT  
WHILE MODERATION  
AND TEMPERANCE IN  
ALL THINGS ARE COM-  
MENDABLE AND BEN-  
EFICIAL, ABSTINENCE  
FROM SPIRITUOUS  
LIQUORS IS THE BEST  
SAFEGUARD TO MOR-  
ALS AND HEALTH-  
ROBERT E. LEE

TO THE STUDENTS OF  
WASHINGTON COLLEGE, VA.,  
DECEMBER 9, 1869.

DUTY IS THE SUBLIMEST WORD IN OUR  
LANGUAGE. DO YOUR DUTY IN ALL THINGS.  
YOU CANNOT DO MORE; YOU SHOULD NOT  
WISH TO DO LESS.

ROBERT E. LEE

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No. 1

## GUARD YOUR GREY CELLS

*The Amazing Story Science Tells  
of What Beverage Alcohol Does to the Human Brain*

*By* **GEORGE A. LITTLE**

Music is more than the harp or piano but we keep the strings in tune.

Mind is more than the brain, yet it is well to keep the grey cells unimpaired and working at their best.

### *The Three Brain Areas*

The cranium is filled with brain. That is why there is a head on the shoulders. We know which areas of the brain control certain functions. The lower brain controls the automatic and involuntary actions such as the heart beating, the lungs breathing and the stomach digesting food. We are largely unconscious of these processes: they go right on.

The middle brain, roughly the brain between the ears, controls the motor and sensory nerve system. It is somewhat like a telephone exchange. Sensations come in from the nerves to the brain and orders go out to the muscles. Ability to run, walk, and use the hands is made possible through the controls of the middle brain. The messages are lightning fast, with "delicate adjustments all synchronized to the millionth of a second."

Put the heel of your hand over your eyes and spread out your fingers upwards and you cover "the clever forebrain." This is the part of the brain that makes man human. Physically we are surprisingly similar to other animals but in that clever forebrain man has something distinctive. Much that has to do with education, science, art, culture, self-criticism, conscience and religion is controlled by the clever forebrain, the part of the brain that develops last.

### *The Chemistry of Alcohol*

Alcohol has at least six hundred good uses. Modern civilization could not continue without the industrial and scientific use of alcohol. It is of value as a preservative, a drying agent and a fuel. It is an ingredient of polishes and paints. It is used in the making of munitions and synthetic rubber. A car could not have its fine duco finish without the use of alcohol,



*The Human Brain*

but beverage alcohol in the driver may destroy both driver and car in a split second. It is good as antifreeze in the radiator of a car, but bad in the brain of the man at the steering wheel. For mechanical uses alcohol is denatured (that is, unpalatable substances are added) to dissuade human beings from drinking it.

There are different kinds of alcohol, such as methyl, ethyl, propyl, butyl and amyl alcohol, and a number of others. Methyl alcohol is wood alcohol. It has an affinity for the part of the nervous system serving the eyes. Not a few people have been completely and permanently blinded by drinking wood alcohol. Ethyl alcohol, or grain alcohol, that is widely used as a beverage, has an affinity for the brain. Its chief effect is through what it does to the brain. Properly, it is not itself a beverage at all; it is a chemical or drug put in a beverage and taken for the sake of the drug effect on the brain. Over three hundred years ago Shakespeare said: "O God, that men should put an enemy in their mouths to steal away their brains."

Why has ethyl alcohol an affinity for the brain? In part, it is because alcohol is a

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dissolver of fats and the brain is a fatty substance. Alcohol is also a dehydrator, that is, it picks up water, and the brain is nearly eighty per cent. water. Dehydration (taking water out of the tissues) explains why drinking is eventually followed by excessive thirst. Alcohol acts first on the clever forebrain, the part of the brain developed last, the part that controls conduct. When alcohol is kept outside the lips the brain is normal: when alcohol passes inside the lips the brain soon begins to become abnormal.

### ***Alcohol Goes To The Head***

How can alcohol ever get to the brain? In the body there are three to five quarts of blood. The amount varies in individual persons. The heart pumps the blood through the body every thirty-seven seconds, almost twice a minute. A large supply of blood goes to the brain. Alcohol, swallowed in a beverage, goes into the stomach and passes into the blood undigested. About one-fourth passes directly into the blood stream. Within five minutes alcohol can be found in the blood and in fifteen minutes or less it begins to affect the brain. The other three-quarters that passes into the intestines is also being absorbed gradually by the blood and begins to reach the brain. The maximum effect is marked in an hour or hour and a half. The second drink has a greater kick than the first: more alcohol is getting to the brain. Of course the alcohol reaches the toes as soon as it does the brain, but that clever forebrain is "younger" and shows the effects first.

The alcohol, having entered the blood stream, is pumped through the veins and arteries by the heart. The alcohol enters the cerebro-spinal fluid and seeps through the brain and nerve centres. These become numbed or partially paralyzed. The alcohol only reaches the brain cells in small amounts and greatly diluted, but it does get there. An actress in Hollywood, after a drinking party, was found dead in her garage. At the autopsy, the alcohol in her brain could be smelled ten feet away. In post-mortems, where the brains of drinking drivers or pedestrians are being examined, the alcohol can often be smelled at a distance of seven or eight feet. It gets to the brain and quickly, no mistake. It is selectively absorbed by brain tissue due to alcohol's affinity for fat.

### ***Varying Alcoholic Content***

Here is an old experiment from which we may learn something, but must not learn too much. If the white of an egg is poured in a saucer and alcohol is poured over it, the white of egg coagulates. It is not really cooked. The alcohol takes the water out of the white of egg and it becomes firm, standing up instead of flowing as before. Now that is emphatically not what happens to the brain, because alcohol does not get to the brain in anything like that concentration. The alcohol content in beverages varies from 4 to 7 per cent. in beer, 25 to 40 per cent. in whiskey, 20 to 35 per cent. in some fortified wines. The alcohol

is further diluted in three to five quarts of blood in the body, and about 85 per cent. of the volume of blood is water. The water in the body is approximately 70 per cent. of the weight of the body. Thus a man of average size, 155 pounds, would have about 109 pounds of water in which the alcohol would eventually be diluted. It has to pass the "blood brain barrier," seeping finally through the fatty insulation protecting the brain and nerve cells. Even after heavy drinking there is still a brain, not an omelette. Yet, acting as it certainly does, how ever much alcohol may be diluted it does no good to the brain. It must be a very potent drug as it promptly produces death when it reaches the brain in the strength of 0.5 of 1 per cent. of the blood.

Why do we speak of alcohol as being a certain per cent. proof? Here we uncover an interesting story from pioneer days. Before there were official standards, men wanted to be sure that their liquor had not been diluted. They disliked paying for water. So they would wet gunpowder with the liquor and if the gunpowder would light and burn, the liquor was "proof." So 50 per cent. alcohol is called "proof spirits." By law, now, proof spirits—or 100 per cent. proof—contains one-half their volume of alcohol. You have seen a spirit lamp burning. It is this property of burning that gave rise to the name "firewater." Remember there is the "blood brain barrier," but after all, "firewater" or a liquid that burns and can be used as a fuel to run a motor car hardly seems to be a suitable drug to put in a beverage when the alcohol in the "firewater" inevitably enters the blood stream and eventually gets to the brain.

### ***Laboratory Findings***

In research laboratories scientists spend years tracing down facts. They do not claim to know everything about alcohol but they have discovered enough and verified their findings over and over so that we are now able to answer some questions which our grandparents could not explain. Perhaps they might have drunk less had they known. Here are some samples.

**Why does a drunk man shout?** In advanced intoxication the power of attention is decreased. The drunk man does not clearly hear his own voice or the voices of others. So he frequently yells. He may walk right out into the middle of the street in thick traffic unheeding, because to him the noise sounds far away. That is one reason why a drinking driver is dangerous: he no longer as accurately judges the degree or direction of sound. His ears are still good, but his brain is not working normally.

**Why does a drunk man stagger?** It is because the alcohol has numbed, paralyzed or partly put to sleep his middle brain. The sensory-motor nervous system is out of order and the brain cannot co-ordinate nerves and muscles. The drunk man's legs are out of control but the stagger is first of all in the brain.

**Why are there so many highway accidents at intersections, curves and corners?** Laboratory experiments on cats and dogs show that after being given a certain amount of alcohol these animals can still hold up their heads and use their front paws but their hind legs trail out behind. They have lost the motor control of their hind legs. It is somewhat similar with a drinking driver. His hands are on the wheel and he thinks he is driving cleverly, speeding up just a little bit. A child runs out in the street. He sees the child, tries to stop his car, but his feet do not get to the brakes quickly enough and he cannot press down the brakes firmly enough. He has partially lost the motor control of his legs, the same as an intoxicated pedestrian staggering, and there is an accident, perhaps a fatality. The brakes were in good order: the driver's brain was at fault.

**Why are drinking drivers often reckless?** It is partly due to the effect of alcohol upon eyesight. The receptive centres in the drinker's brain are not working normally and outgoing orders become confused. The optic nerves are numbed, paralyzed or partly put to sleep and the eye muscles are out of control. The ability to judge the distance of cars ahead or behind is lessened. The field of vision may be narrowed through loss of attention. With some drivers, alcohol causes partial colour blindness. At an intersection they see a light but are not sure whether it is red, green or orange and cannot reason quickly enough to obey the signals. Having two eyes we get depth of vision but under the influence of alcohol the eye muscles may not focus aright, and the driver sees double. The intoxicated motorist approaching a bridge sees two bridges and tries to drive over the one that is not there. The deceased motorist may have been a capable driver when sober, but alcohol in his brain had robbed him of normal vision.

**Why are intoxicated people forgetful?** Again the explanation is in the brain mechanism. There are more than twelve thousand millions of cells in the brain. These cells are connected with one another by fibrils. Each fibril has several branches making possible altogether several trillions of associations. The drinker, however, may have difficulty in associating even two ideas. Memory has been likened to a huge railway yard where a man in a control tower shunts cars and engines from one track to another. If the brain is numbed or paralyzed by alcohol, association tracks are sluggish. The drinker tries in vain to recall names of places and people. The memories are there all right and will be on call again readily when the brain is free of alcohol. It is a temporary loss of memory through stupefying of the brain.

**Why does beverage alcohol cause stupor?** Drinkers frequently fall asleep at a table in a beer room or at the wheel of a motor car. Social excitement may arouse imbibers for a time, but eventually they

want to "sleep it off." The laboratories give us the answer to this also. With alcohol as a base, chemists can produce iodoform, chloroform and ether, each an anaesthetic. In the laboratories, alcohol is classified as an anaesthetic. An intoxicated man falling on a pavement is bruised but he does not feel it: his nerves have gone to sleep. Without any other anaesthetic, a doctor set the broken arm of an intoxicated young girl at midnight, after a drinking-driving accident. She felt no pain whatever. It was nine o'clock the next morning before she regained consciousness sufficiently to recognize her own mother. The alcohol in her brain had acted as an anaesthetic. The margin between alcoholic unconsciousness and death is narrow.

**Why is alcohol especially dangerous to aviators?** It has long been known that alcohol produces greater reactions when taken at high altitudes, but recent research has shown that even twenty-four hours after taking alcohol the likelihood of blackout and loss of consciousness among aviators is increased. Our power to balance is due to the fluid in the inner ear. This, of course, is under brain control and the working of the delicate mechanism is impaired by alcohol in the brain.

**Which is more dangerous—snee or steady drinking?** Apart from accident or crime, a week-end or monthly drinking-bout is less dangerous to health than steady soaking. The spree drinker has his brain clear of alcohol at least part of the time. Even a small amount of alcohol taken daily in time impairs body cells, brain, nervous system, digestion to some degree. Free alcohol is always present in the brain of a chronic drinker.

**Why are some drinkers occasionally actively nauseated?** The unpleasantness has to do with the pylorospasm. The valve of the stomach closes and the brain centres controlling it are not working well. This is different from other nausea in that instead of the action being alone from the stomach to the brain, the action is also from the brain to the stomach. Digestion in reverse does not indicate a weak stomach; it is only protecting the stomach against a dangerous and unwelcome drug which happens to be in both stomach and brain at one and the same time.

**Why is it forbidden to sing in many licensed premises?** This is no slur on music, only on the vocal chords of drinkers when out of control. Their tongues are as thick for singing as for speaking. Again it is because the brain is numbed, paralyzed and partly put to sleep. The "music conductor" is off duty and the chorus sings different songs to different tunes, on different keys in different tempos—a mixture of jazz, swing, and berserk. But this is no slight to music in itself. The confusion traces back to alcohol in the brain cortex.

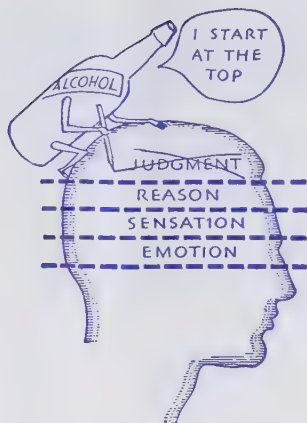
**Why can't a girl take liquor without risk?** The fact is that she is handicapped physiologically. What gives her her charm reduces her ability to oxidize alcohol from her body. She weighs less, as a rule, than

a man, has fewer body cells to burn up the alcohol, with smaller lungs and skin surface, has one or two fewer quarts of blood to dilute the alcohol, and, if truth be told, the cortex of her brain is usually just a little thinner. That may be why she is so quick and intuitive, but it is also why the alcohol affects her brain and nerve cells a little faster and remains in them a little longer. Physically, sister is handicapped for drinking.

**What is inhibition?** It is the ability to stop as you run, power to say no, capacity to criticize oneself—all are governed by the nerve centres in the fore-brain. Morals have a physiological basis. When these nerve centres are paralyzed by alcohol, this power of inhibition is lessened. The heart races through lack of control, the tongue likewise, like a watch without a regulator. Conduct may be the opposite of usual patterns. "No sensible person would do something which would cause him to lose a finger, however much he might be coaxed. The highest powers of the brain, the inhibitions, are just as valuable to the mind as the finger to the hand. Firm refusal to do anything that may damage this delicate part of the nervous system is even more important than caring for the fingers, since we each have ten fingers, but only one brain, and when that is damaged or destroyed it cannot be replaced." A debutante summed up her experience: "The boys are never as nice after three drinks: they tend to be crude. They just revert to the primitive." Niceties are neglected and it is a brain condition. A psychiatrist says that "the soul is soluble in alcohol." And again: "Something better inevitably steps out when alcohol steps in."

**Why are cocktails especially harmful?** Chiefly because the alcohol content is high and they are taken before food, after business and before pleasure. The alcohol gets to the brain rapidly. The five or six o'clock cocktail drinking is one of the worst contributions made to social drinking by North America. Write-ups of cocktail parties in the social columns establish a doubtful prestige. Actually it means that those sharing the cocktail party will not have full use of their minds for part of the evening. The smart-set cocktail drinkers are sophisticated about many things but they show primitive, caveman ignorance about what alcohol does to their brains. Like troubles, cocktails do not come singly. They tend to arrive in one, two, three, order. Blood and breath tests are evidence. One crash may end a career.

**How much does it take to kill?** It does not take much pure alcohol to kill a man, but getting drunk saves many from drinking to death. One drop of alcohol to a thousand drops of blood starts a euphoria. Two drops to a thousand produce noticeable intoxication. Three drops to a thousand usually cause staggering. Four to a thousand brings on drunkenness and with five to a thousand comes stupor, coma and perhaps death. No blood transfusions are given if the donor's blood has a trace of



alcohol. A boy who drank half a pint of brandy died in fifteen minutes and a man who consumed a whole quart of whiskey at once on a wager died in six hours without regaining consciousness. Neither was poisoned as they would have been with arsenic. They were brain fatalities. The brain being paralyzed so that even the involuntary muscles received no impulse from the lower brain, their breathing ceased and their heart beat stopped. Respiration failed, but it was a "brain death."

**Why do liquor advertisements feature only initial phases?** In newspapers and magazines, by billboards, motion picture drinking scenes and radio, alcoholic glamour is portrayed. But the liquor advertisements only present the beginnings; they never show the end. They are silent about a befuddled home coming, a morning hangover, the police court parade, the walking corpses who were once gay and jolly barflies, the highway accidents, the bodies awaiting recognition at the morgue. Newspapermen, doctors and police officers see what the liquor advertisements omit. A steady stream of tragedies results from the effects of beverage alcohol upon the human brain.

**How may one refuse the social glass?** By using the brain to protect the brain. Courteously, of course, and pleasantly, say, "No, thank you," a little more firmly if repeatedly urged. One boy, under heavy social pressure to drink at a stag party, turned on his compulsive hosts and said: "I just don't drink, is there anything wrong with that?" His tone of voice was final. Don't feel inferior; it is the person forcing you against your will who is rude!

**How many people drink?** The majority of people, taking the world as a whole, never start drinking. Many who start soon stop, disgusted at what it makes them do through what it does to the brain. Those who continue have to establish a system of checks, stopping altogether at intervals to demonstrate control. Many who continue, get into trouble through sickness, accident, crime, family friction and altered behaviour. And there isn't very much fun. One ex-drinker says: "For



a good time, keep away from beer drinkers. They get muddled and maudlin but they seldom get merry." In the United States and Canada, it is estimated that 43 million people out of 145 million drink. Of this 43 million who drink possibly only 10 million drink heavily. Among the 10 million there are 3 million problem drinkers including 650,000 chronic addicts. There are about 45,000 new cases of chronic alcoholism each year. Certainly those at the end of the road are not having much fun. By and large, they have lost the maximum use of their brains. In American and British slang there are 155 synonyms for drunkenness. The final results, however, are no joke. Alcoholic deaths in North America are estimated at about 25,000 annually.

**Are you eager to "try anything once"?** An aviator, 25,000 feet high, dislodged the tube of his oxygen mask. He took a sip of air and felt dizzy. To conserve the oxygen left in his lungs, he held his breath until the mask was working again. In the stratosphere it is not safe to "try anything once." Cause and effect are very rapid up there. And occasionally rather swift on earth as well. Once is sometimes both first and last. Not a few young people of both sexes have met death, accident or social sorrow during a first intoxication. Perhaps you are curious about the effects of alcohol and would like to see for yourself. Well, millions of people have been experimenting for centuries and on the whole the results are rather disappointing. There is not much thrill and it does not last long. The brief euphoria is followed by the ravages of alcohol. The subtle elation that is sought is somewhat elusive. "The fact is that an actual alcohol experiment is a very drab and uninteresting affair. Some dizziness, often great drowsiness if there is no exciting environment, and some clumsiness in getting muscles to respond to an impulse are the sort of things a subject reports." The alcohol question can best be studied from observation of its effects on others.

**Are drinkers ever afraid of themselves?** In one city on Christmas Day, four hundred car owners hired garage mechanics to drive their cars for them. They deliberately unfitted themselves to drive their own cars and took safety precautions in advance. The garage mechanics, naturally, were pledged to be sober. They had some sizzling yarns to tell in the shops the day after. If you never take a first drink you need never worry about the second. And if you never take a first drink you will never take the fatal drink. When the brain is free from alcohol you can keep your wits about you. Philip sober need not fear Philip drunk.

**Is higher education a safeguard against alcoholism?** We might expect that trained brains would guard against alcohol but statistics do not support this hope. In one survey only 6 per cent. among those with alcoholic psychoses in public hospitals were illiterate, while 8 per cent. had college education. There are many private hospitals caring for alcoholics and in this class of patients the average of

education is high. "The percentage of college graduates among patients with alcoholic psychoses indicates that college education is not a safeguard against these psychoses." Trained brains succumb to alcohol as readily as untrained.

**Is alcohol a stimulant?** No, it is a depressant. Some call it a narcotic. It never increases human efficiency. It may seem to and that is how it deceives. When alcohol gets to that clever forebrain there is a sense of release. Courtesy, refinement, codes of culture, decorum, self-criticism, self-control, judgment, conscience, morals even, begin to slip. In activities such as drawing, typing, shooting, precision tests, there is a lowering of skill and speed. With alcohol, you are never quite at your best; without alcohol, you have a chance for the full use of your brain all the time.

**Does alcohol change the chemistry of the brain?** If you were presented with a high-powered motor car you would take good care of it. The gasoline would be carefully strained to ensure ignition. The best oil would be used. Some motorists change the filter every few thousand miles to make sure that there is no grit in the lubrication. They have concern for the mechanical welfare of the car engine. The brain is a much more delicate and

sensitive organism than a car engine. Just as surely as gasoline put in the tank is channelled through the feed pipe by the vacuum system to the carburetor, so surely does alcohol, taken through the lips and swallowed, enter into the blood stream and eventually reach the brain and begin to change the chemistry of the nerve and brain cells. The change in brain chemistry soon alters behaviour. Is it really sensible to take a drug disguised as a beverage into the blood stream that in a short time may impair the working of the brain? We get only one brain. There can be no replacing of spare parts.

**Does alcohol cause any permanent structural damage to the brain?** The brain does recover rapidly from intoxication. That is admitted. Microscopic examination before and after drinking would reveal no change in cell structure. Yet one authority states clearly that with heavy drinking over a long period of years, "there is a definite shrinkage of the forebrain." The normal brain is pliable and spongy: sometimes the brain of a chronic addict is hard. One scientist who had performed thousands of brain autopsies said that if a storm blows through a grove of trees only a few twigs and branches are blown down. But if storms continue to blow, in time the tops of the trees get frayed and ragged. He thinks that every intoxication is to the brain like another storm to the forest. No dead brain cell is ever replaced. It is just absorbed and carried off. There are rather gruesome enlarged pictures of brains diseased by long and heavy use of alcohol in which the normal pulpy brain looks more like empty honeycomb. Why take the risks? It is that clever forebrain that makes us human.

**Is beverage alcohol safe taken in moderation?** Doesn't the trouble arise from the abuse rather than the use? We do not forego money because the odd person steals. Isn't "nothing to excess" a safer rule? Even drinking too much water is injurious. Yes, a man can kill himself by internal drowning if he drinks enough water, but few do. The case with alcohol is different. It is in some degree habit-forming. It lessens the power to control drinking. With each drink the censor becomes more careless. The inhibitions are broken down. The brakes are off and the car is headed downhill. In fact, a drinking driver with just enough to be reckless, may be more dangerous than a drunken driver who is almost completely out of action. Small amounts of alcohol have measurable effects on brain efficiency. Any drinking that lessens control is immoderate drinking. And every excessive drinker began as a moderate drinker. The habit tends to grow. Why walk on a tight wire when there is a safe sidewalk? You might not fall, but again you just might.

**What about mental diseases associated with the beverage use of alcohol?** The expression is often heard, "He is either drunk or crazy." Intoxication is a temporary and voluntary insanity but in regard to acute mental disorders we must guard very carefully against exaggeration. The number of admissions to mental hospitals in which alcohol is the cause or a contributory factor is estimated as 10 per cent. by some and as high as 25 per cent. by others. But there are distinctive mental diseases that are definitely associated with the use of alcohol. Intoxication is just another name for poisoning. Alcohol is toxic, in sufficient quantities it is quickly lethal. More specifically there are dipsomania, delirium tremens, alcoholic hallucinosis, alcoholic psychosis, chronic alcoholism and wet brain, to mention only a few. Nutritional deficiencies may accompany these diseases, but it is impossible to contract them except by very heavy use of beverage alcohol. A total abstainer cannot possibly get them. The diseases themselves are more weird even than their names. And the peak age for alcoholic admissions to mental hospitals is 49, when men and women should be at their very best vocationally. Their youthful drinking has "sneaked up on them." From fifty to sixty the ratio drops and almost stops at sixty as so many of the heavy drinkers are dead by sixty.

**What relation has beverage alcohol to insanity?** Only 5 per cent. or 6 per cent. of all first admissions to mental hospitals have alcoholic psychoses but approximately 25 per cent. of all psychotics drink excessively. Whichever phase comes first, alcohol and mental instability are not a good combination. One research scientist says that "liquor makes lunatics." A group of scientists said: "Alcohol is the outstanding common factor in the history of persons coming to mental hospitals." A recent survey shows that the number of

women with alcoholic psychoses went up in six years in ratio to men from one in seven to one in five.

**Why does one drinker get drunk while another stays partially sober?** Here is the explanation of two foremost scientists: "The reason that the effects follow the concentration of alcohol in the blood rather than the amount of alcohol in the body is due to peculiarities in the circulation of blood in the brain. The intoxicating effects of alcohol arise from the action of alcohol on the brain, which has, for its weight, a very large circulation of blood. The concentration of alcohol in the brain therefore rises and falls with that in the blood of the arteries much more quickly than does that in other tissues with smaller circulation. The concentration in the blood—and the effects from alcohol, are determined not only by the amount drunk, but by the rate at which it is absorbed." Will power cannot control the effects once the blood carries alcohol to the brain.

**What has lack of vitamins to do with brain injury through alcohol?** There is no structural change or damage in the brain in delirium tremens, Korsakoff's psychosis or acute hallucinosis. That is reassuring. Yet in another group of brain diseases, occurring in chronic alcoholics, there is definite damage to parts of the brain and these brain changes are so marked that they may account fully for nervous and mental symptoms. True these brain changes are not due directly to alcohol, but to vitamin deficiencies, though this is little comfort as heavy drinkers by reason of their nutritional habits contract these diseases far above the average and in the end the use of alcohol is responsible for the disease being acquired. In extreme cases consciousness is almost lost and the alcoholic patient is practically reduced to involuntary bodily movements, such as aimless groping. In such severe cases the motor nerves of the eyes are nearly always paralyzed. It is good news to know that such a condition occurs in less than one per cent. of all chronic alcoholics but why need it ever occur?

**Are drinkers afraid of drinking?** Yes, they scent danger and impose many rules on themselves. After a few drinks, however, they are less likely to enforce their own code of restrictions which they readily accept when cold sober. Clouding of consciousness with alcohol leads to mind wandering. Each drink further weakens the power of will to stop. Some drinkers try to safeguard their habit by a system of checks learned through unpleasant experience such as: Do not drink if you cannot control your drinking. Do not drink if you feel worse getting up in the morning than when you went to bed. If you need a drink before breakfast, you have reached the acute danger stage. If alcohol is becoming important, BEWARE. These complicated rules are often contradicted by actual conduct. Dismissing alcohol outright in advance is far simpler. Total abstinence is the easiest solution. It is also

safe and not in the least unpleasant. Never start to drink and you will never need to stop. "Alcohol has already been condemned. It is man who is on trial today."

**What controls behaviour?** Imagination rules the will. We act according to the picture we have of ourselves. A young boy, just out of high school, in his freshman year at his university, was invited in a fraternity house to take a drink. He declined pleasantly. "Why not?" he was asked, and he promptly replied, "That isn't the picture I have of myself." What was his mental picture of himself? He had been a star athlete at high school and wished to stay fit. He was keen on the new controls modern science makes possible, skills his Dad never had a chance to use. He passed through University, did post-graduate work and went into an airplane factory. When war came he did not have a chance to enlist. The government called him by a telegram, kept him doing research work on wing strains, ice formations and moisture densities. Eventually he was put in charge of airplanes for a large training area. He was never particularly a hail fellow well met, and never got a prize for popularity, but when it came to the time of testing, he did not let the flying men down. He was able to use scientific controls because he knew how and his own brain was under control.

**Is there any positive conclusion to the whole matter?** Could it be this? The world badly needs brains, better brains, controlled, trained and disciplined brains. Through science, invention and world politics we are going to be in competition and association with the best brains in the whole wide world. More new industries, as epoch-making as the advent of automobiles, motion pictures, radio and aviation, may be in the offing. Civilization is still very young. Big achievements are ahead. You may have a share in directing future progress. Instead of numbing your brain with a drug, disguised as a beverage, why not tackle such problems as cancer, infant mortality, illiteracy, poverty, crime, race hatred or war? If you do not wish to be that purposeful, how about getting maximum enjoyment from sports, books, travel, friendship, nature and a happy vocation? There is no need to have a kill-joy life. You can find some big, compelling interest. You grow when you attach yourself to a great cause. The brain thrives on exercise. It suffers from disuse. The most valuable thing in the world is the human brain and the worst enemy of the brain in modern society is beverage alcohol. The historian Lecky said that "the single brain of James Watt was, and still is, the biggest wage fund that has ever arisen in the world."

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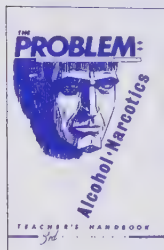
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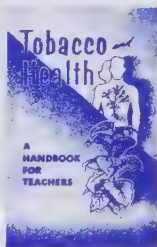


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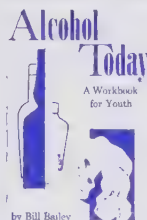
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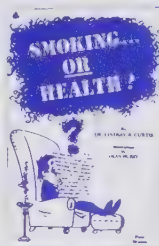
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No. 2

## TO YOUR HEALTH -



### PROBLEMS OF ALCOHOLISM & ALCOHOLICS

Alcohol has a psychological effect that modifies thinking and reasoning. In addition alcohol has addictive qualities.

One drink can change the thinking of the alcoholic so that he feels he can tolerate another and then the cycle starts. In physiological addiction there is a loss of control after the first drink and that is why the first one is the dangerous one.

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Alcoholics must not drink alcohol!

American Medical Association  
Department of Mental Health

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## AN EVOLUTION IN UNDERSTANDING of the PROBLEM OF ALCOHOL

### "A History of Collegiate Idealism."

BY HARRY S. WARNER, L.H.D.

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Do you have a 1966 graduating student who is sincerely interested, perhaps concerned, about the problems of alcoholic drink, who has been coming to your desk for study material?

The new book, AN EVOLUTION IN UNDERSTANDING OF THE PROBLEM OF ALCOHOL—a History of Collegiate Idealism—just published by The Christopher Publishing House of Boston—may be of real aid as advance reading to such a student who is going on to college.

It is the Life-Story of the Intercollegiate Association for Study of the Alcohol Problem. In it the author traces the changes in attitudes, activities and thinking on the problem by the successive generations of college students who were concerned and "wanted to do something about it." He shows what this student participation has meant to the public movements of their periods, particularly as related to alcohol and alcoholism.

One university reviewer called the book "a mine of information nowhere else obtainable"; another, a counselor of students, "extremely interesting and conclusive. A Dean of Men, regards it as "a candid discussion of the problem in the twentieth century".

FREE COPIES are offered by the Author to High School principles, senior instructors and librarians who wish to have a complimentary copy sent to that "*most interested student*" graduate and one for himself or the school—two copies free. Send addresses of both or apply for brochure.

Harry S. Warner, Gen. Secy. Emeritus,  
The Intercollegiate Association,  
Westerville, Ohio

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## What You Should Know About Alcoholism

**Marvin A. Block, M.D.,**

**Chairman**

**American Medical Association's Committee on Alcoholism  
of the Council on Mental Health**

**A**LCOHOLISM constitutes one of the greatest mental health problems in the United States. Five million people are afflicted with this disease. Twenty million members of the families of these people feel the direct impact—but all of us are affected in one way or another. We must learn enough about this illness to help the victims of this disease. Doctors' wives are in a unique position to offer this service to their communities.

What is alcoholism?

Alcoholics fall roughly into two classes—the early alcoholic, known as the problem drinker, and the later stage, the alcoholic or compulsive drinker.

The problem drinker is any person in whom the ingestion of an alcoholic beverage produces an adverse result in a consistent or intermittent pattern. This does not mean that an individual who occasionally gets drunk to celebrate some event is necessarily a problem drinker. However, if drinking produces in anyone an adverse effect of any kind in a consistent pattern, or in an intermittent one, this person is a problem drinker.

An alcoholic is an extension of this condition to the point where once he starts drinking, he continues

compulsively. He cannot stop until he is completely drunk or taken in hand by someone else. Make no mistake about it—alcoholism is a drug addiction.

The alcoholic does not drink for pleasure. Perhaps the first drink or two may give him the same euphoria that the normal drinker would obtain. Beyond that, however, he drinks to relieve himself of great discomfort. Once the addiction is established, he cannot stop of his own volition, but continues to drink and drink until he is unconscious. He uses alcohol to escape from the tensions of living, from the problems of life.

Those of us who face life normally and with adequate adjustment find more mature means of meeting our problems. The emotionally immature alcoholic, however, cannot use good judgment and cannot control his emotions. He finds relief only in drugging himself into a stupor.

Unfortunately, this disease has a very insidious onset. It is very difficult to differentiate between the heavy social drinker and the early problem drinker. The alcoholic is the last person to recognize that he is having a problem with drinking.

How, then, can we tell whether



our friends, our relatives, or associates, or more important, ourselves, are involved with this illness?

We must continually be on the alert for the early signs of this disease. Suspicion is justified when there is a need for a drink at a definite time of the day; when one goes on frequent drinking sprees; when one drinks excessively, as a rule; when one drinks the first thing in the morning, in order to "get going." Other signs are when the patient misses work or time from his duties because of drinking, or when he begins to drink alone in order to avoid detection, when he gives what he thinks are good reasons for drinking as he does, and maintains that he can take it or leave it alone, but never does leave it alone. Another indication is when the patient frequently gets drunk without intending to and when he starts to drink on a social basis and ends up drunk on too many occasions.

When any of these early signs are present, the individual is beginning to have trouble.

### ***Women Susceptible***

Women are afflicted with this illness as often as men. Though statistics from clinics indicate that the ratio is anywhere from four to eight men to one woman, physicians in private practice often find that their alcoholic patients are equally divided between the sexes. I think that this can be explained by the fact that women patients prefer private physicians to clinics.

Women also constitute the vast majority of hidden alcoholics, those whose alcoholism goes on in the privacy of their own homes, where

they are not detected as easily as men who appear in public more often on their drinking sprees.

An important point which must be emphasized is that these alcoholic patients can be treated, and treated successfully. Drugs can be used to alleviate tensions that often move patients to seek alcohol. Techniques in psychotherapy are of great value in treatment. Other drugs are used as deterrents to drinking. However, the care of each patient must be individualized and tailor-made.

Most patients suffering from this illness respond very well to treatment. Under proper treatment, they usually improve until complete recovery results. There is no *cure*, however, since the term cure would imply that these patients could again be able to drink alcohol with impunity. Unfortunately, this cannot be done.

Abstinence is the alcoholic's only safe way of life. The introduction of the slightest amount of alcohol into the system of alcoholics invariably results in a return to their addiction.

The medical profession, through the American Medical Association, has recognized alcoholism as a disease which falls properly within the purview of medical practice. It has urged all general hospitals to accept such patients on their medical floors without prejudice. The American Hospital Association has endorsed this attitude. Following recovery from the acute phase of the disease, follow-up is absolutely necessary. Therapy for a long time is often advisable.

There are important adjuncts to medicine and psychiatry as far as therapy for these patients is con-

cerned. These include the clergy, who help such patients to meet their problems in a normal fashion through spiritual guidance, and Alcoholics Anonymous, that wonderful fellowship of recovered alcoholics who always stand ready to help their fellow sufferers.

What can the members of the Woman's Auxiliary of the American Medical Association do about this tremendous public health problem?

You are in a unique and advantageous position to help. As hostesses you can play an exceptionally valuable role. Never coax a guest to drink. The choice of whether or not to drink alcohol must lie entirely with the guest. The advice that "One won't hurt you" may be a very dangerous statement for a certain percentage of one's friends. You must remember that among your guests, one out of every 15 has a problem with alcohol, and for that one out of 15, one drink may be a very dangerous adventure.

The wise hostess will always have on her tray soft drinks and fruit juices and other beverages which do not contain alcohol from which the guest may make his choice without embarrassment. Alcoholics tell us that social pressures are often too great to withstand. They do not want to appear different, and the pressure to drink in our society is often greater than they can bear. It is imperative that the host and hostess consider these people.

Alcoholism is but one manifestation of a tremendous mental health problem in the United States. However, it is an extremely prevalent one. Doctors' wives must be on the

alert to help those who have been using alcohol to escape their problems, to adjust to those problems without resorting to a drug. They must help their communities with mental health programs and education on these matters. They must set an example for their community in their own social lives. They can co-operate with other educational groups like the National Council on Alcoholism and its many affiliates distributed over the country. The national council, I am sure, would supply them with material necessary for education on the subject of alcoholism, which can be used for themselves and for distribution to the public. The Committee on Alcoholism of the Council on Mental Health of the American Medical Association stands ready to assist the auxiliary in whatever way it can.

Doctors' wives are in an exceptionally good position in matters of social leadership. If it is considered smart to partake of alcoholic beverages, then let it be smart never to drink excessively. Let them set the pace for such sophistication. A cocktail before dinner may be a very acceptable social amenity, but to drink excessively is anything but smart or sophisticated. Only social leaders can indoctrinate the public with this principle. It is such leaders as the wives of physicians who can and should lead the way.

The Woman's Auxiliary of the American Medical Association has an unusual opportunity to make a tremendous contribution to medicine, to mental health, and to the entire nation if it will undertake such a program as a project for the future.

# TRANSFORMATION THROUGH TREATMENT

By CARADINE R. HOOTON, D.D., LL.D.

Medical science has developed many methods of treatment. Today we have specialists who employ every imaginable therapy for transforming sick persons into healthy individuals. Medical doctors, surgeons, osteopaths, neurologists, pediatricians, psychotherapists are constantly applying palliatives or curatives to persons suffering from anything that afflicts or causes disease.

Treatment consists of well-known therapies to relieve trauma, pain or despair. Reliable physicians recognize that persons are tripartite beings with ids, egos and super egos. Many consider that their primary responsibility is the restoration of patients to wholeness in body, mind and spirit.

The American Medical Association puts its greatest accent on prevention. This is in line with the best thinking of the world's outstanding contributors to the science of human betterment.

What can be done about alcoholism? According to Mrs. Marty Mann, Executive Director of The National Council on Alcoholism, this malady is now America's *Number One* health problem.

In all seven divisions of the U. S. Department of Health, Education and Welfare, the subject is under special surveillance. One major section of HEW is devoting full time and a fabulous fortune to research for causes and treatment of this rapidly spreading epidemic.

The dimensions of this disease have become so sensational that America has superseded France and Italy as world leader in this area of human afflictions. President Lyndon B. Johnson says that with the increase of at least 200,000 new victims per year the nation must do something about our greatest problem of personal and social illness.

The advocates of beverage alcohol, meanwhile, still contend that problems related to drinking are not caused by the alcoholic potions. They stem rather

from anaemic personalities. Many medical authorities, on the other hand, assert that alcohol is so prevalent in the catalog of causes that no such illness has yet been isolated without the ever-present element of ethyl alcohol.

Dr. Lester Keyser, Health Director of Southern Methodist University, and specialist in this field, says "at one time it was felt that alcoholism resulted from personality weakness and environmental pressures. I wish it were that simple. It's obvious that the alcoholism rate is tied closely to the consumption of alcohol. In those states having the highest per capita consumption you will find the largest number of alcoholics per 1000 people. Consumption is related closely to availability."

So, this age-old illness is not altogether in the weakness or strength of the badly beaten man or woman. It is in the nature of the bottle. And not only the bottle, but the sparkling glass, and the easily-cooled tapper service for secretive home consumption. It's the alcohol that hurts whatever the character of container.

Mrs. Marty Mann, for the first time in twenty-one years, says "alcoholism is up and down every street in every community. Sometimes there is more of it as the houses get bigger and better. The bigger the house and the more the money, the easier the problem is to conceal. It is greatest in the middle class, not among the rich and the poor. A recent study reported in the New York Medical Journal put the number of alcoholics in the country at 9,000,000. In addition to this number," Mrs. Mann continued, "there are about 19 million who are dependent drinkers—forerunners to alcoholism."

The basic measurement on the rates of alcoholism and the number of alcoholics is the rate of deaths from liver cirrhosis. The Department of Health, Education and Welfare reports that the



death rate from liver cirrhosis in 1963 was probably 11.3 per cent. At the beginning of the repeal era, 1934, it was 7.7 per cent. This would indicate that the alcoholism rate, whatever it may be, has increased 46.8 per cent, in these years. Rates take into consideration population growth.

God have mercy on the satellites of the liquor union who try to play down a shameful problem that every realistic person knows is on the rise and in proportion to the amount of alcohol consumed.

What are these same advocates of moderation doing about the problem? Some are only supporting research into causes. Others are merely referring alcoholics to professional agencies for treatment. These who fear that believers in "temperance" or abstinence are "behind the times," or "cutting off communication with folks that count," are noticeable for their absence from scenes of action where transforming treatment is applied.

Alcoholics certainly need every care and all the attention concerned people can give. Every method should be employed to restore and rehabilitate every kind of addict. More money ought to be invested in the therapies that take persons off of alcohol and help them to be alive again.

It isn't enough to know causes without providing cures. It isn't thinkable for responsible society to withhold realistic treatment. But the kind of artificial manipulation most alcoholics are getting seems to leave them as empty as the man whose house was swept clean of devils. When nothing creative displaced this aching emptiness a whole delegation of evil spirits repossessed him.

There is a rehabilitative concept of treatment that aims only at enabling the addict to live without alcohol. The Christian idea of renewal would substitute Spirit for Spirits. If we aim at transformation from what a man has become to the person God intends him

to be, the processes of treatment invite the kind of sharing that can make one entirely whole again. Treatment that includes spiritual therapies can take the drinker from alcohol and inspire disciplines that bring him to God.

The best therapies, in fact, are inescapably associated with theology. It was my privilege to study in England two types of rehabilitative service. One was under the direction of the churches, where creative fellowship and counseling were provided for patients who were suffering the tortures of withdrawal and learning new disciplines to take the place of dependency. Therapies there were designed for the transformation of drinkers.

The other was at The Hall of Harrow Weald, operating with a competent staff headed by the distinguished specialist Dr. Lincoln Williams. In his book, "Alcoholism," E. & S. Livingstone Ltd., London, Dr. Williams says, "I recall many patients coming under my care who appeared to experience no difficulty in maintaining total abstinence while directly under my personal supervision. After four to six weeks, or perhaps longer, we felt that the patient could safely return to social life. Psychologically fortified by the knowledge that he had 'done a cure,' the patient himself regarded his future as never before so rosy or so full of promise. He left to face the world with an encouraging pat on the back and with the parting advice, which he was confident he could follow, that while total abstinence was probably the best thing for him in the long run, he should nevertheless allow himself no more than two or three drinks a day should he feel so inclined. Imagine my consternation when the telephone soon announced that he had arrived home drunk, or had been admitted to the observation ward of the local hospital."

Then something happened. One experiment after another failed. So, Dr. Williams encountered Alcoholics Anonymous which shifted the emphasis from "sin to sickness" and he began to work from this angle on the treatment of the

disease. He learned to approach this illness as an individual affliction needing analysis and association to change dependent drinkers into interdependent persons. These were people needing both medical treatment and motivational transformation.

Dr. Williams found, for example,

'Four drunken men or women,  
The 'good,' the 'sad,' the 'mad' and  
the 'bad.'

All victims of alcoholism,  
All with widely differing personalities,  
All with a different prognosis."

This shows how difficult it is to assess alcoholics *en masse*! "To do so," says Dr. Williams, "is to present a totally misleading and discouraging picture of the whole problem which, in the past, has led to apathy on the part of all authority, confusion of thought and practice, and a too-ready acceptance of results that have been undeniably poor."

Many organizations and governments have worked commendably together in providing facilities for effective treatment. And yet, we are told that only about 8 per cent of those afflicted ever submit to medical assistance or hospitalization. There is unquestionably a demand for more cooperation with agencies that devote full time and expert attention to the importance of restoring individuals and their families where suffering from alcoholism has impaired health, happiness and usefulness in society.

Specialists in the field of treatment, and religionists of many denominations agree that "treatment must constantly

aim at changing the patient's whole outlook on life and in this he can be tremendously helped by the consolation of religion. Not a few alcoholics have been brought back to sobriety by means of religious conversion."

The alcoholic, with acceptance of Divine forgiveness, must be further reassured that God will yet remake him him to be. He also needs a new sense of to be. He also needs a new sense of Christ's friendship, and of the constant availability of the Spirit as his Strengthener. Yet, how many penitent alcoholics are ever led to a personal Almighty as their surest hope of remaining alive?

There is a further type of transformation that should come from therapeutic treatment. I refer to the renewal of American society. President Lyndon B. Johnson is pressing hard his war against poverty. He has pushed through Congress an astounding program of reforms involving civil rights, public education, medicare and old age assistance.

A new commission for a massive war on criminality has lent encouragement to those who share the President's opinion that Washington should be the most beautiful and best behaved city in the world. We are asking for a White House Conference on Alcoholism to assess America's responsibilities for action in regard both to treatment and prevention, for sobriety is a basic essential for the Great Society. (After Dr. Hooton prepared this paper, President Johnson instructed Health, Education and Welfare Secretary John W. Gardner to appoint an advisory committee on alcoholism and establish a center for research on the cause, prevention, control and treatment of alcoholism.)

# SCIENTIFIC

LEVEL  
ONE

## Temperance

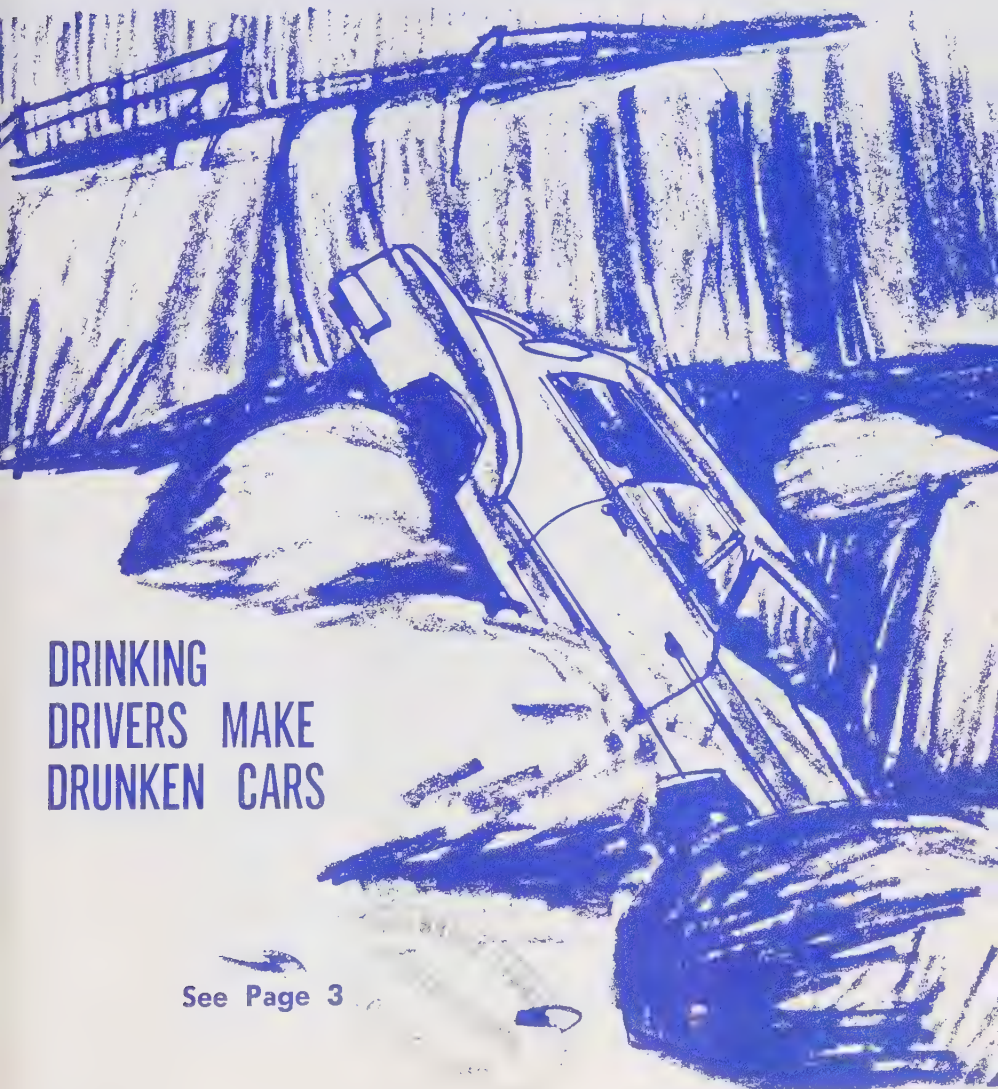


## Journal

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No. 3



DRINKING  
DRIVERS MAKE  
DRUNKEN CARS

See Page 3



# SCIENTIFIC TEMPERANCE JOURNAL

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Volume 74

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No. 3

## THE CUP OF FURY

By Upton Sinclair

Mr. Sinclair states that he was raised in a virtual sea of liquor: "First it was my father. Then no fewer than three of my uncles. Then one friend after another . . . I compile a list of the drinking people I have known. Two score of them went to their doom, eleven as suicides . . . I put before the public this tragic record of genius, twisted and tortured by drink, as a warning to the nation."

In "The Cup of Fury" are the intimate, personal, revealing stories of men and women like Jack London, Dylan Thomas, Sinclair Lewis, O. Henry, Stephen Crane, Isadora Duncan, Maxwell Bodenheim, William Seabrook, and many others whose moderate drinking became uncontrollable alcoholism.

Through the assistance of Mr. Sinclair, his publisher, and other friends we are able to send **free of charge** a copy of "The Cup of Fury" to school librarians sending in a request for their library. Send request to

The Temperance Education Foundation  
Westerville, Ohio



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# **DRINKING DRIVERS**

## **MAKE DRUNKEN CARS!**

A drinking driver sitting in a parked car off the road is not much of a menace to traffic. It is when he is driving on the highway that he becomes a threat to his own safety and the safety of other people.

His power to damage and destroy increases by geometric progression. As an intoxicated person, he could perhaps knock another person down with a blow of his fist. But in a 4000 pound car, weaving down the highway at 60 miles an hour, he makes his drunken car a deadly force which can destroy itself and other cars, and his life and the lives of others involved in the crash.

Without going into scientific computation, it is safe to say that a drinking driver operating his drunken car has 1000 times the killing power of the driver alone, and out of his car. It is because of this deadly increase of killing power by the drunken cars on our highway that every possible means must be devised to keep them off. This is why "implied consent" laws are needed in every state. This is why all drivers must be trained never to drive while or after drinking. The drivers themselves are not very deadly per se. It is the drunken cars they put into high-speed, uncontrolled, deadly action that causes over half of all highway fatalities.

It is because **DRINKING DRIVERS MAKE DRUNKEN CARS** that all concerned citizens, all safety groups, all public officials, all legislators, should renew and increase their efforts to eliminate the drinking driver from the highways of America.

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### **FOR STRENGTH**

Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks. Then the doing of your work shall be no miracle. But you shall be a miracle. Every day you shall wonder at yourself, at the richness of life which has come to you by the grace of God.

PHILLIPS BROOKS

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### **A POSITIVE ATTITUDE**

Action without education was labeled "fanaticism". Experience had long taught that education without action is sterility. What would be winsomely new and at the same time acceptably true in the area of temperance education and action? First, a positive attitude. This would suggest a proclamation of the positive benefits of Christian living instead of a negative condemnation of alcohol and drinkers.

From **What Shall We Say About Alcohol?** by Dr. Caradine R. Hooton.

## Highway Safety Act Of 1966

In the debate in the U. S. House of Representatives, August 18, 1966 on the Highway Safety Act of 1966, several statements were made concerning alcohol and highway safety. Representative George Fallon (D) of Maryland, in explaining many features of the bill, had this to say about alcohol:

"It establishes the National Highway Safety Agency for administrative purposes, and the National Highway Safety Advisory Committee for advisory purposes. It protects the right of our citizens to full information on research and investigative work done under the law, and it directs the Secretary to make a full study of the relationship between alcoholism and highway safety, a serious and perplexing problem."

Representative Kluczynski (D) of Illinois commented that:

"Present statistics indicate that alcohol is a factor present to some degree in about 50 percent of all accidents. This is a serious problem, and a perplexing one. Its alleviation and control will be extremely difficult, but it is obviously too serious, in terms of highway safety, to be evaded. Accordingly, H.R. 13290 directs the Secretary of Commerce to make a study of the relationship between alcoholism and highway safety, and to report the results of that study to the Congress by July 1, 1967, together with his recommendations for any legislation that he believes could help to alleviate this growing problem."

Mr. William C. Kramer (R) of Florida discussed his amendment on alcohol and highway safety. He said, in part:

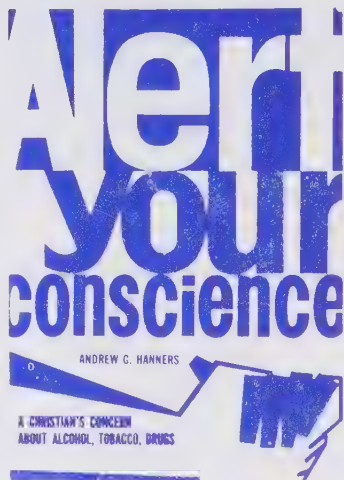
"Mr. Chairman, testimony before the committee indicated that alcohol is present to some degree in 50 percent of all highway accidents. This is a serious problem, and a perplexing one. Its alleviation and control will be extremely difficult, but its magnitude precludes its evasion. At my insistence, the committee wrote a provision into the bill upon my motion to require the Secretary of Commerce, in consultation with other Government and private agencies, to make a comprehensive study of alcoholism and the consumption of alcohol and their effects upon and relation to highway safety, including review and evaluation of State and local laws and enforcement procedures concerning driving while under the influence of alcohol, and State and local programs for the treatment or rehabilitation of alcoholics and habitual drunkards."

Rep. H. R. Gross (R) of Iowa stated that:

"Mr. Chairman, I hope the import of this highway safety bill will not be lost upon any citizen or public official who has driven or is tempted to drive his automobile at 80 to 90 miles an hour over public highway, pass a car at the crest of a hill and force an approaching car to the shoulder of the highway, meanwhile drinking beer while steering with one hand. I reiterate that I hope the import of this bill will not be lost upon any public official who has operated a motor vehicle with such recklessness."

There are several references to the problem of the drinking driver in the 20 pages reporting House debate in the Congressional Record. The House passed the bill by a vote of 317 yeas to 3 nays. Senate action is yet to come, but if the House action is any indication, the Highway Safety Act of 1966 should become law within the next two months.

## ALERT YOUR CONSCIENCE



The latest book on alcohol, tobacco and drugs is written by Rev. Andrew G. Hanners, Director of Education of the California Council on Alcohol Problems.

"ALERT" is not an objective evaluation of various philosophies about alcoholism and alcohol problems. The publisher requested a book that would present a point of view—reinforce the concept that for the sake of one's influence upon others and as an act of dedication to God, concerned Christians will neither need nor want to drink, smoke or engage in illegal use of drugs."

Published by Beacon Hill Press, Kansas City, Missouri, "Alert Your Conscience" is the approved Christian Service Text on "Youth and Problems of Narcotics" of the Church of the Nazarene. George Coulter, General Superintendent of the Church of the Nazarene, says in the foreword:

"This book by Rev. Andrew G. Hanners should help all who read it to get a more realistic view of the evils of alcohol, tobacco, and dangerous drugs and to become more confirmed in the ethical, moral, and scriptural positions which support our opposition to these evils."

"For twelve years Rev. Andrew Hanners has devoted his efforts to the enlightenment of youth concerning alcohol, tobacco and narcotics as director of education for the California Council on Alcohol Problems. His lectures in high schools, colleges, civic clubs, and churches have been received with enthusiasm. We commend his book to the prayerful study of sincere Christians everywhere."

Copies of "Alert Your Conscience" may be ordered direct from: Beacon Hill Press, 6401 The Paseo, Kansas City, Missouri 64131. Send \$1.25 plus 10c for postage.



# EDUCATION TO SOLVE THE ALCOHOL PROBLEM

Believing that the only possible foundation for permanent success in the anti-alcohol movement is the widest possible dissemination of truth on all phases of the subject, the Temperance Education Foundation, Inc., has chosen to devote its efforts to the publication and distribution in every feasible way, of the truth concerning this great social welfare problem, especially as viewed by the physiologist, the psychologist, the economist, the historian, and the sociologist. In order to meet the most imperative needs in the educational field, the Temperance Education Foundation, from its inception, has set itself to the task of securing fundamental, authoritative source material, and distributing this in such a manner as to reach the largest possible number with the least possible expense. In cooperation with the Scientific Temperance Federation, the Temperance Education Foundation has assisted in the publication and distribution of many thousands of books, pamphlets, leaflets, posters, periodicals, and other items setting forth the facts about alcohol and its relation to modern society. In every possible way, by the printed word, by letters, posters and signs, Foundation has set forth the truth about alcohol, in many varied forms, adapted for use by students of different ages, by children and young people, by temperance workers and the public generally. Much of this material has been used by other temperance organizations and workers throughout the United States and abroad. The production of this material ranks among the least spectacular, the least publicized, and yet the most vitally essential, of all the activities carried on in connection with the temperance reform.

## REACHING YOUTH

Above all and in a special sense the Foundation has devoted itself to the production and distribution of authoritative reference material for students in schools and colleges. It is obvious that the destiny of any social welfare movement depends upon the extent to which youth, together with those leaders and educators who largely mould and influence every group during the formative period of school life, shall be imbued with the knowledge of the truth and with the moral idealism which leads men to follow its guidance whithersoever it may lead.

## ASSISTANCE TO TEMPERANCE WORKERS AND THE GENERAL PUBLIC

Many are the appeals for material and information to be used by temperance workers, those making a special study of some phase of the alcohol problem, and interested friends of the temperance movement. It is almost impossible to over-estimate the value and extent of the opportunity thus afforded for the spreading of information among the general public by magazine articles, newspaper statements, leaflets, posters, tracts, reference material, books, periodicals and other means of publicity. The distribution of such material is one of the most effective means of influencing public sentiment.

## REFERENCE LIBRARY

At the headquarters in Westerville there is an exceptionally valuable reference library on the temperance movement in all its phases containing many thousands of books, pamphlets, reports, surveys, government documents, official publications, and the like, the result of the accumulation of many years.

## PROGRAM FOR THE FUTURE

From the reports that have come following the educational work which has been carried on, and the many urgent requests for similar assistance, it is evident that there is not only a great opportunity but also a tremendous demand for temperance education which will furnish impartial, unbiased, authoritative, scientific facts about alcohol. In addition, many other projects should be undertaken, including service to daily and weekly newspapers, magazines, and other similar media; the utilization of moving pictures, radio, slides, films, dramas, pageants, exhibits and similar lines of activity; the production of new, attractive, authoritative literature on many phases of the alcohol question; and the building of an endowment fund sufficient to insure the maintenance and adequate support of this vital educational effort.

*"When America's keenest minds are using the newspapers, magazines, movies, and radio to entice youth to drink whisky, smoke more cigarettes, and make heroes out of criminals, these youths should hear the other side of the argument from some one."*—ROGER BABSON.

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## LEAVE DRINKING ALONE

Jack Finegan is professor of New Testament Literature and Interpretation at the Pacific School of Religion, Berkeley, California. He is also Director of the Palestine Institute of Archaeology in Berkeley and the author of several books on religious subjects.

In his "In The Beginning"—a journey through Genesis—he devotes a full chapter to "Noah and His Wine," which concludes with these four paragraphs:

"The way of moderate drinking has been tried not only individually but on a national scale. Ever since the brief experiment of prohibition was abandoned, and now for many years, this has been the most powerfully promoted way in the United States of America. It has been accepted, according to the book **Drinking In The Colleges**, by 74 per cent of the college students, who drink. It has been accepted, according to the statistics for 1960, by 70 million persons in the United States, who drink. And the results? The same statistics state that there are now 5 million alcoholics in the United States, with 200,000 more added each year. In 1960, Dr. Joel Fort, director of the Alcoholic Rehabilitation Clinic at Alameda County, California, declared in an Institute on Alcoholism at Mills College, Oakland, according to press report: 'The problem of alcoholism in this country now outranks every other public health issue in terms of potential damage to individuals.' Therefore, the present writer does not think this way works very well, and does not think you would think so if you had to try to help someone to whom drinking had become a problem or a disease, or if you had to live with someone like that, or if you had to be someone like that.

"The other way, therefore, and the only other way available, is to leave drinking alone. The biblical basis for this is the vow of the Nazarite, found in Numbers 6, to separate himself from wine and strong drink. It is perhaps no accident that it is this same chapter

which closes with the benediction that includes the words: 'The Lord lift up his countenance upon you, and give you peace.' It is also perhaps no accident that the strongest man in the Bible, Samson, had this vow.

"The scientific basis for the same decision lies in the established facts about what alcohol is and does. It has already been pointed out above that alcohol is a narcotic in the general sense that it is a substance which tends to produce numbness and stupefaction in the body and mind. Alcohol is also a poison, which means a substance which is injurious and even deadly. Dr. Haven Emerson attests the correctness of the following facts: One to two tenths of one per cent of alcohol in the blood flushes the face, causes loss of self-restraint, and disturbs the finer muscular movements. Two to three tenths of one per cent of alcohol in the blood causes unsteadiness, confuses the speech, and often makes one quarrelsome, abusive, and vulgar. More than three tenths of one percent of alcohol in the blood produces signs of more complete anesthesia and of paralysis. More than four tenths of one per cent of alcohol in the blood usually results in complete unconsciousness. More than five tenths of one per cent of alcohol in the blood brings danger of death from acute alcoholic poisoning. The conclusion seems obvious that any of the narcotic and poison called alcohol is too much.

"In answer, therefore, to the question as to what is the right thing to do about drinking, we conclude: If you do not drink, do not start. If you have started, stop. If you cannot stop, ask for help to stop. Of the human agencies which try to help persons to stop, Alcoholics Anonymous seems the most successful. The first principles of Alcoholic Anonymous are to acknowledge that we cannot handle the problem by ourselves, and to ask for help from a Power greater than ourselves."

---

## DRIVING THEM TO DRINK

Abstainers may soon be driven to drink if a "virtue tax" is imposed upon them because they do not support their government by paying liquor, tobacco or gambling taxes! According to Parade's Special Intelligence Report (August 14, 1966):

"How would you like to pay an abstinence tax? Thousands of Australians who don't smoke, drink or gamble may soon find themselves in the awkward position of having to pay taxes on their virtues.

"According to Australia's Deputy Premier Arthur Rylah: 'The abstainers pay far less than other members of the community who pay taxes on alcohol, tobacco and gambling. Abstainers content themselves with TV and football, make practically no contribution apart from income tax to government revenues. This should be put right.'

"Australia's taxmen are looking into the situation, about which the various churches, no doubt will voice strong opinions."

**But...while wanting stiffer penalties and harder crack-down on the drunks....most drivers know very little about alcohol and driving.**

## ALCOHOL & DRIVING

How many drinks of hard liquor can the average person have before becoming too intoxicated to drive safely in your opinion? (check one)		A "blood-alcohol" test is used to measure the amount of alcohol a person has in his bloodstream as a result of drinking alcoholic beverages. At what blood-alcohol level is a person too much under the influence of alcohol to be allowed to drive, as you understand it? (check one)	
One drink	32%	Any level at all	18%
Two drinks	28%	0.05%	14%
Three drinks	20%	0.10%	8%
Four drinks	8%	0.15%	7%
Five drinks	3%	0.20%	1%
Six drinks	1%	Don't know	52%
Seven drinks	1/4%		
Eight or more	1/2%		

If you want copies of the Driver Opinion Poll write to:

California Traffic Safety Foundation  
564 Market St., San Francisco, California



## MUCH TOO LENIENT

In a Driver Opinion Poll conducted by the California Traffic Safety Foundation, 67% of the 9229 replies held that present penalties for drunk driving were "too lenient". 46% thought they were "much to lenient".

The survey which was conducted by the Field Research Corporation and financed by a special grant from the Standard Oil Company of California, found the following results:

Sixty-seven percent wanted the police to use RADAR to "catch speeders" and 57% approved of police using cars that were not readily identifiable as police vehicles to "catch traffic law violators."

Sixty-seven percent thought that present penalties for drunk driving are too lenient (46% "much to lenient"—21% "a little bit too lenient") but most people proved to know very little about how many drinks an "average person" could consume and still drive safely. Sixty-one percent thought as little as two drinks too many, while 2% believed six-to-eight drinks the correct figure. Six percent didn't answer the question.

Fifty-two percent admitted they "didn't know" anything about blood-alcohol levels, while only 15% indicated a level of blood-alcohol substantially in agreement with the experts (0.10% - 0.15%). Sixty-four percent were in favor of a law establishing blood-alcohol limits above which a person would be presumed to be under the influence of alcohol, and 67% were in favor of a law which would imply the consent of a driver to a chemical test for alcohol if arrested for driving while intoxicated.

Drivers think that of the suggested approaches to public safety education all were effective at least "somewhat." They rated "very effective" the following order: "showing pictures of bloodshed and death" (56%), "giving drivers tips on safe driving practices" (42%), "explaining the causes of traffic accidents and how to avoid them" (36%), "warning drivers of the punishment for breaking traffic laws" (30%), reminding drivers to "drive carefully" (19%).

Drivers most often checked television as the best medium to reach them (50%), followed in order of

preference by billboards (19%), radio (14%), newspapers (12%), pamphlets (10%), and magazines (2%).

Fifty-two percent of the drivers reported their cars which they drove most are equipped with seat belts.

The majority of California drivers are in favor of expanded traffic safety measures. They feel that traffic laws are "about right" in most instances, but want to see better control of drunk drivers, vehicle inspections made compulsory, the minimum driving age raised, and driver education and behind-the-wheel driver training expanded.

Fifty-seven percent would like to see the minimum driving age changed from the present age to somewhere between 17 and 21 years, with the greatest number of drivers (43%) agreeing on age 18 years as the best licensing age. Ninety percent think that persons under the age of 18 should be required to complete a course in driver education and training before being licensed to drive and 92% believe that such subjects belong in the high school curriculum. Seventy-one percent believe that juvenile traffic offenders should be tried in traffic court rather than in juvenile court.

Eighty-nine percent believe there should be a law requiring periodic inspection of motor vehicles. Seventeen percent believe that a complete physical examination of drivers should also be required of all drivers prior to licensing while 68% think that such a physical examination is necessary for elderly people or people with medical problems. Only 14% think there should be no such medical examination.

Only 39% had never been in a traffic accident. Forty-two percent had been involved in accidents as drivers and 24% had experienced accidents as passengers.

Only 13% thought it was "seldom or never possible" to "fix" a traffic ticket; 2% thought it could be accomplished "very easily"; 5% thought "if you happen to know someone; and 80% "didn't know" one way or another.

Of four functions of traffic police, drivers checked "extremely important" the following order: "Making sure everyone obeys traffic laws" (92%), "investigating traffic accidents" (89%), "watching for and arresting criminals" (75%), "providing roadside service for motorists" (57%).



# SCIENTIFIC TEMPERANCE JOURNAL

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## *Is It Right?*

**Pat Boone's  
Answer To  
The Question**

**S**o, we come to the question of drinking. I personally don't drink. That was my choice. As with cigarettes, the law tries to protect you from the use of alcohol until you are old enough to have some thinking on which to base a choice. The very fact that the government prohibits these things for young folks is enough warning for me. The human body doesn't change that radically when you've blown out twenty-one candles on your birthday cake! I'll brief the three reasons that led me to decide against it. These may give you some ideas for investigations of your own.

First, let me say that I tried drinking a couple of times. I've told you I was no saint. We were seniors in high school and we sent an older buddy out for beer. We thought we were real clever and had accomplished something. But the second time one of the crowd, a real nice smart guy, had one-too-many, or something, because right there in front of our eyes he turned into a real first rate zombi. It was like watching a Boris Karloff movie. I began to do a little more watching and came to the conclusion that I didn't have to be any part of a horse, I want to be the head! That was reason number one.

Reason number two was that I



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ran across some statistics. You can do the same at your local jail house. These stated that out of 104,000 admissions to the jail in a big city in one calendar year 90,000 of them were connected with alcohol:

(1) Intoxication and cars (deadly combination).

(2) Intoxication and public nuisances (I can be enough of a nuisance without help from a jug).

(3) What is called "common drunk" (who me?) vagrancy. And guess what? They weren't all tired old adults or Skid Row bums by a long shot. If you can engineer a trip to the drunk tank or get a look at some of the cars where a character tried to mix drinking and driving, you might decide you'd rather do without the stuff and sleep at home in bed!

At any rate, observation and investigation will give you something to ponder over before you begin spinning cobwebs of alcohol.

My third reason is one that I've had to think of in connection with all my habits and actions. It's a rule of thumb on which I try to base all my decisions.

## The Question That Lights My Life

When I used to go to Mack Craig with all these early problems and choices he'd say: "Forget what it means to you personally, or what you gain by it, or have to give up, or what some-

one else might think of it. Just ask yourself: 'Is it right?'"

When you look at life from that perspective the decisions aren't so hard and you always feel relieved. Of course, putting it into practice is what "ain't easy." But you know, we none of us can make our decisions strictly for ourselves. We talked a while back about people

who "glow" for others. Well, I believe that every one of us has some influence, some chance to "glow" for someone else.

You think it sounds ridiculous that a lil ol' teenager has influence over other people's lives? Remember the Christian girl Bob Richards met? Look around you. Sometimes older brothers and sisters (even when they don't want it) have terrific influence over the younger members of their family as examples. You, personally, have influence over at least one person and probably a lot more than you realize.



And that means a double responsibility. To yourself and to the people for whom you "glow".

Now, maybe I could drink and handle my liquor like a gentleman. I like to think I could. But I also believe that if my drinking influenced anyone else to drink, and they turned out to be the kind that couldn't handle it, I'd have my share of the responsibility. That alone would be a good enough reason for me. I know about alcoholics. Just from looking around me I know about drunken parents, tipsy parents, the whole lot. And I know you can't get into that kind of trouble if you never take a drink.

Well, that answers, for me, my question, "Is it right?"  
The hard part is to stand on the answer.

From the book 'TWIXT TWELVE AND TWENTY, by  
Pat Boone. © 1958 by Prentice-Hall Inc. Englewood Cliffs,  
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**This  
Is**

## *What Teen-agers Ask About Drinking*

By SOPHIE ALTMAN and DOROTHY McFARLANE

**Do you think beer is safer than wine? That  
alcohol peps you up? Here's surprising  
news . . .**

Somewhere in their teens, the question, "What'll you have?" becomes serious to most young people. Gathered in a high school "hangout" where drinks of all kinds are served to an older crowd or seated in the familiar surroundings of a family "rec room," the almost inevitable invitation to a drink arises. While legal ages for serving alcoholic beverages vary, the situations for teen-agers seem the same everywhere.

Says Jody Merrill, a popular senior: "The question used to mean something sweet and simple, like a Coke or an orange drink. Now you know that includes beer or even a highball."



Her date, a football player, adds: "When I'm in training the answer is easy; the rules are well-known. But when the season's over, I'm supposed to be one of those real rugged guys—whether I like it or not. Someone's sure to say, 'Oh, come on. Have one. You're a big boy now. Don't you want to have any fun?'"

Like Judy and her date, most teen-agers have questions about drinking. To get the answers, *Teen Digest* put the following queries to Herbert H. Hill, Executive Director of the Alcoholic Problems Association. Here are Mr. Hill's frank replies.

### **Do you consider teen-age drinking dangerous? If so, why?**

There are three principal dangers that every teen-ager should consider. First, they may acquire attitudes toward drinking and



*"Brilliant  
Conversationalist"*

its effect upon them that are not valid. For example, you may decide that drinking does not adversely affect your driving ability. Actually, however, tests demonstrate that the alcoholic content of a single drink is sufficient to lessen the skills essential to good driving. Or the effects of alcohol may lead

you to conclude that a few drinks make you a "brilliant conversationalist." Yet, if you were to listen to a recording of that conversation, you might be embarrassed.

Secondly, as a result of making some wrong decisions about the effects of alcohol, teen-agers might easily develop drinking habits which would interfere with their development as persons. This is particularly true of personality development since alcohol, often called a "social lubricant," is really a "personality crutch." If you fail to develop your personality while in your teens, you may seriously affect your chances for a happy, successful life.

Finally, there is always the possibility that, as the result of impaired judgment, you may commit an act you will regret for the rest of your life. Such an act, such as a car accident, for example, could even cost your own life or the life of someone else.

## **Are there any "danger signals" we should recognize in our drinking or in that of our friends?**

Since the onset of alcoholism is usually preceded by as much as eight or ten years of "social drinking," few teen-agers may actually be described as alcoholic. Therefore, the most important "danger signals" for teen-agers may be found in their attitudes toward drinking. In other words, you are probably on dangerous ground if you possess the following traits:

1. You are inclined to believe that drinking is the only way that you can have a good time.
2. You think that your drinking is a sign that you are mature.
3. You consider yourself immune to any threat of alcoholism.
4. You make fun of those who choose not to drink.
5. You believe that your ability to drive or perform other skills is unimpaired by drinking.

## **What are the forces and pressures that make teen-agers want to drink?**

The greatest pressure of all may be found in the example set by adults. As you grow up, you naturally want to do what grown-ups do. This tends to set up pressures in teen-age groups which may make you feel you must do what other teens do if you are to be accepted by the group.

In time you will see that the ability to make up your own mind and the attitude you show toward your own decisions are really the most important in determining whether or not you will be accepted by other teen-agers. If you respect your own views, it is usually true that others will respect them, too. If this isn't true of your friends, they aren't *real* friends, and you'd be better off with some new ones.

## **Are teen-agers who are exposed to drinking at home more likely to drink or to avoid it?**

All scientific studies show that teen-agers as a group tend to follow the example set by their parents. Notice that I said "tend" to follow the example of their parents. Obviously there are exceptions. The final choice, however, whether you will drink or will not is up to you, regardless of whether or not your parents do.

## **Does drinking have any relationship to sexual promiscuity?**

Yes, especially for young people. While alcohol does not, as many people believe, stimulate the sex drive, it does "release"

inhibitions. As a result, a person may indulge in acts which he has a life-time to regret. *I DON'T GET IT.*

## **Do teen-agers in urban areas drink more than those in rural areas?**

Studies show clearly that there is more drinking on the part of teen-agers in urban areas than in rural areas. This is not only true of the young people, but also of adults. The greater incidence of teen drinking in urban areas is undoubtedly a reflection of adult example.

## **How can I turn down a drink, especially when I'm in a group where most of the other kids are drinking?**

Just a simple "No thanks" in a matter-of-fact, pleasant manner will usually be enough.

Of course, there are many other ways in which you can turn



down a drink graciously. As soon as you have said, "No thanks," shift the conversation by asking a question such as "Have you heard Pat Boone's new record?" Or you might say, "What do you think of the new Thunderbird?" By asking a question which immediately

shifts the conversation, you leave these impressions:

1. Your manner is final.
2. You are not indecisive about your decision.
3. You are taking for granted the fact that you have the right to make your own choice.
4. You are confident that others will accept you even though you have turned down a drink.
5. You are mature enough to respect the right of others to make their own choices and you, in turn, expect the same maturity and respect from them. And you'll usually get it!

If you are offered an alcoholic drink in a situation where a choice of beverages is available, you can simply say, "Thank you, I believe I would prefer . . ." and then state your choice.

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## Temperance



## Journal

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March, 1967

No. 1

### "NO THANK YOU"

*This party is too  
good to miss.*

#### "WITH FOCUS ON YOUTH"

By John J. Pasciutti

Reprinted from "Alcohol Education Digest"

#### "CURRENT TRENDS IN ALCOHOL EDUCATION"

By Herbert H. Hill

Reprinted from "Alcohol Education Digest"

#### NEBRASKA TRAFFIC ACCIDENTS

By Colonel Dan J. Casey

# SCIENTIFIC TEMPERANCE JOURNAL

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No. 1

Alcohol Education in the State of Vermont is planned . . .

## *With Focus On YOUTH*

By JOHN J. PASCIUTTI

*Formerly*

*Supervisor of Alcohol Education  
Vermont Department of Education*

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**O**VER the years we build up mental pictures which determine in advance how the people and the objects in our world will look. What we see is decided by past experience and by feelings as much as by the object we are looking at. When the educated person says, "As I see it . . ." he recognizes that others may not see it the same way. Few people are conscious of this and even trained psychologists have to be on guard. In the area of alcohol problems our mental pictures are perhaps more bizarre and differ from each other more widely than elsewhere. More fancy than fact, more folklore than science, are in the pigment of these mental pictures.

Both the path to sobriety and the road to excess are well traveled but not too well charted. No one can tell for certain why one drinker in a family becomes an alcoholic and another does not. This breach in our knowledge is aggravated by the pictures in our minds and the half truths in our customs. The need to make a fresh start is apparent to anyone who stops to reflect. Our dilemma has two horns, emotion and ignorance, and we are all in danger of being gored by one or the other. This applies equally to teachers, parents, and children.

The ever increasing public interest in alcohol problems, and the ever increasing body of research material coming from both public and private groups offer us new opportunities and a new

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challenge. Hypotheses are being formulated and tested, and a large body of accepted principles and objective facts is available. Today, we can work with greater assurance in alcoholism (our fourth largest health hazard), in the even larger area of alcohol problems, and in the work of prevention and education.

Under the law we are charged with “. . . putting into effect a program of alcohol education in the public schools and on the adult level.” We are in the process of trying to determine what alcohol education *is* and what it is *not*.

## **What Is It?**

The many questions about the nature of alcohol and its effect on human beings and on society cannot be approached through any single school subject. Rather, they must be answered everywhere in the curriculum, in ways varying with the age and grade of the students. For truly effective education all teachers need to acquire insight into these problems and ways of working with them.

Teachers must also be sensitive to the personality needs of children, for spiritual, moral, and emotional development—important goals in all education—are at the heart of alcohol education. There seems to be a close relationship between the abuse of alcoholic beverages and social maladjustment or emotional retardation. Warped, frustrated, or angry children who feel inadequate and unwanted may well find an escape and a compensation in alcohol when a crisis arises.

Teaching in this field is not so much a process of imparting or instilling knowledge as it is one of helping young people to mature emotionally and socially. All school experiences which help a child along the path of emotional, moral and mental stability are vital. A successful teacher in this area will help each pupil to feel wanted; she will give each of her students opportunities to take his place and make his contribution.

## **What Alcohol Education IS NOT**

We should all be aware of two things that alcohol education is not. First, it is not a mere enumeration of facts. Knowledge of itself does not educate in the sense of influencing behavior. Knowledge serves as a tool for all kinds of people. Our laws are probably studied hardest by those who wish to evade them. If

we want a functioning education, we must get people to *want to do* as well as to know *how to do*.

Second, alcohol education should not be used to broadcast the teacher's attitudes. With few exceptions the teacher's point of view is based on family practice, religious training, and community attitudes. These are the institutions which, whether actively or by default, give the student *his* outlook. But, in our country there is a great variety of religious belief and practice and startling differences in social background. As a result, teacher and student may find themselves in conflict. Nor is one point of view more valid than the other; each is simply the product of a set of experiences. Learning, under the circumstances, is not a matter of a mere verbal exchange and certainly not of the imposition of the teacher's own viewpoint. A problem-solving approach would seem to be an indispensable tool.

In alcohol education we are dealing with areas of personality where behavior is deeply imbedded in unconscious processes. To promote "learning" we must try to reach the emotional well-springs. Learning is probably best encouraged by building a foundation for happy living through helping the child deal successfully with his problems from day to day.

### **Objectives of Alcohol Education**

We may outline six aims for a program of alcohol education:

1. To present, without bias, the wealth of scientific information concerning alcohol and its use and effect.
2. To assist young people to analyze their feelings and attitudes about drinking.
3. To develop constructive community attitudes towards the alcohol problem.
4. To develop attitudes and actions in young people based on a sense of personal responsibility for their own welfare and that of others. Responsibility based upon a clear understanding of the problems would probably achieve more effective and lasting results than the handing down of "ready-made" values.
5. To help young people to understand that the alcoholic is a sick person, not a social pariah, and that he needs medical attention and psychiatric treatment. (Recognition of medical aspects of uncontrolled drinking may help some young people

adjust to a problem of alcoholism in their families or among friends.)

6. To help young people to appreciate the moral and/or ethical problems which may arise in connection with the use of alcohol.

### **The Program in Action**

The State legislature established an Advisory Committee on Alcohol Education whose duty it is to assist “. . . the State Department of Education in planning and putting into effect a program of Alcohol Education in the public schools and on the adult level . . .” The law adds that it is the responsibility of the Supervisor of Alcohol Education “to . . . supervise the preparation of curricula . . . for use in the public schools, to promote programs for the preparation of teachers to teach these curricula, and to direct and integrate other programs of adult and community alcohol education.”

During the past five years the Department's leadership in this work has reached out in many directions. Willing and qualified instructors in our teachers colleges have been granted fellowships to the Summer School of Alcohol Studies, at Yale University, to give them a better background for teaching pre-service courses. Field courses have been provided for in-service teachers in many parts of the state. The Department is prepared to organize these courses on request. The better literature in the field has been made available and teachers have been helped to develop units for use in classrooms. Establishment of Allied Youth Posts has been encouraged. No effort has been spared to get understanding of the program by adult groups.

### **Goes Only So Far**

This leadership can go only so far. The Supervisor of Alcohol Education tries to stimulate interest and makes available the resources of his accumulated experience. He acts as a consultant on request and is eager to supply whatever assistance or service the Department is equipped to give. He cannot tell teachers when to teach or what to teach, however. All alcohol education programs depend for their existence—or their absence—on decisions made at the local level.



**There Are Some Encouraging, Hopeful  
and Disturbing . . .**

## *Current Trends In Alcohol Education*

by HERBERT H. HILL

Executive Director, Alcohol Problems Association

**I**n the term "alcohol education" more is included than a mere formal approach in the public schools, for information on alcohol problems makes an impact on the public at large. Alcohol education in the public school derives its character from the influences which shape public attitudes and public understanding of alcohol problems.

Significant trends are developing in the alcohol-education field today, some of which are encouraging and hopeful, others disturbing. In addition there are needed trends which are still necessary to diminish the impact of alcohol on our society.

### **Desirable Trends**

1. A growing interest in alcohol problems at all levels of social organization—Federal, state, county, and municipal.

This trend is neither universal nor uniform; nevertheless, it is a definite trend. At the Federal level, for example, the National Institute of Mental Health is showing great interest in this area. Congress demonstrated its concern when it increased an appropriation for research on alcoholism over the amount initially requested.

More than forty states now have sponsored and financed programs in the field of rehabilitation and education.

Increased interest is also evident at the county level, particularly in the larger metropolitan areas. This is also true at the municipal level. It is most heartening to see the wider attention being given to alcohol problems by churches, civic organizations, and civic clubs. In many instances their interest is more than academic—they are interested in learning what can be done.

2. Increased research into many aspects of alcohol problems.

Most of the scientific disciplines are involved in learning

more about alcohol, alcoholism, and the effect of alcohol upon society. These findings are appearing in professional journals and are being presented at scientific conventions and meetings.

3. Increased availability of information to public and professional groups in the form of books, monographs, pamphlets, periodicals, and visual and audiovisual aids.

In this same category could also be included the holding of institutes, seminars, workshops, and schools of alcohol studies throughout the nation.

4. Greater interest on the part of the mass-communications media, including newspapers, magazines, radio, and television.

When an institute on alcohol problems was conducted at the University of Washington a few years ago, the Seattle newspapers gave scant coverage. Only about six years later, the *Seattle Times* joined with the King County Medical Society and the University of Washington School of Medicine in sponsoring a public symposium on alcoholism. Not only were the panel's comments published in full, but several pages were devoted to a complete presentation of all questions and answers.

Recently two thirty-minute telecasts, over one large Western station, were devoted entirely to the problems of alcoholism. This is good, for it contributes to the development of public awareness of the importance of the problem and the need for greater public concern. There is, however, a tendency to focus on alcoholism as though it were the total problem rather than just one aspect of alcohol problems. In spite of this shortcoming, it is encouraging to see the mass-communications media bringing these matters before the public.

5. The enlarged interest in alcohol problems on the part of publishers.

This is evidenced, not only by the improved treatment of alcohol problems on the part of textbook publishers, but by the appearance of technical as well as popular works dealing with alcoholism and alcohol problems.

6. A resurgence of interest by professional groups.

The American Medical Association, for example, has a committee on alcoholism in addition to a committee concerned with problems of intoxication as they relate to drinking driving. In-

creased interest is also being shown by the American Bar Association and the National Safety Council.

7. Better preparation of teachers, ministers, and other leaders of thought.

In the State of Washington, for example, a series of seminars for pastors on alcoholism has been conducted throughout the state by the Alcohol Problems Association. In fact, nothing has been quite as effective in stimulating the interest of pastors and laymen in alcoholism and alcohol problems generally. These seminars have helped pastors better to understand not only the problems of the alcoholic but the problems which arise in the community because of drinking.



8. A growing desire to help young people think for themselves about drinking problems and how they might be affected by them.

This can often be seen on the part of law-enforcement officers, P.T.A.'s, service clubs, and other organizations concerned with juvenile problems.

9. A declining emphasis on *fear* as the basis for alcohol education.

The old scare technique of suggesting that drinking "eats the insides out, pickles the brain, and gives a hobnail liver" has largely disappeared. This unfortunate approach developed because of an overemphasis on the physical aspects of the effects of alcohol. Undoubtedly it was employed in the mistaken belief that it is possible to frighten people out of drinking, particularly young people. Today the emphasis is on helping people to see that their own self-interest, in terms of personal development, achievement, and well-being may be at stake in the choices they make. This is a much sounder basis for an educational approach.

10. Recognition and concern for drinking problems on the part of business and industrial leaders.

This is highlighted in an article in *The Wall Street Journal*, July 9, 1959, bearing the headline "Businessmen Join in Drive



Against Industry Alcoholism." The article says: "Top San Francisco businessmen are launching a drive for funds to fight alcoholism in industry. The initial goal is \$85,700, to be used to set up a staff to work with local companies. The emphasis is on a strictly business approach, rather than charity.

" 'I got into this program from a cold-blooded, hard-headed business point of view,' asserts Fred H. Merrill, executive vice-president of Fireman's Fund Insurance Company and cochairman of the Alcoholism Council. I'm out to save money. Absenteeism and a lot of less-measurable business expenses traceable to alcoholism are getting more serious, and something's got to be done.' "

## **Disturbing Trends**

### **1. The supremacy of science.**

This is almost an obsession of our age. We are applying our technological skills in creating gadgets, which, though they are interesting, can hardly be said to contribute much to meeting the basic needs of mankind. As has been said so often, our moral and spiritual development is lagging far behind our scientific achievements.

For instance, in one bulletin on alcoholism the comment appeared: "Science must be defended;" yet nothing was said in the article about the defense of morals. This seems to be the obsession of our age. The findings and viewpoints of science must be defended even at the expense of moral and spiritual values.

Another such bulletin commented, "Concepts of 'sin, damnation, and missionary evangelism' have given way to those of 'illness, understanding, and science.'" In other words, we have supplanted "sin" with "illness," "damnation" with "understanding," and "missionary evangelism" with "science." Thus man becomes a specimen for the inspection, investigation, and analysis of the scientific mind without consideration for his status as a child of God or for the spiritual aspects of his life.

Science today seems to be preoccupied with discovering how many people are alcoholics and with measuring the changes in the alcoholic's behavior and motivations, to the utter exclusion of the significance of these things for the ultimate destiny of his soul. At times it almost seems that it is the goal of science to discover ways and means of enabling people to enjoy the pampering self-indulgence of intoxication without running the risk of any

such ultimate inconvenience as alcoholism.

2. Rejection of the ageless principle that we are our brothers' keepers.

We seem to have lost all regard for the effect of our behavior upon others. Today it's every man for himself. In one alcoholism bulletin, the argument was presented that because only one drinker in thirteen or so becomes an alcoholic, "we should not spoil the enjoyment of the many because of the inconvenience of the few." This attitude is contrary to the very principles of social organization, and can only contribute to its ultimate decline.

To be your brother's keeper does not mean that you make your conscience a guide for other people's conduct, but rather that you control your own words and actions so as not to influence the behavior of other people adversely.

3. A standard of morality which is expressive of majority behavior.

Though one seldom sees it set down in so many words, this is the implication of the often-expressed attitude that because the majority drink, the majority must be right; yet history records that minorities have often been the guardians of morality and justice.

4. Moral standards adjusted to conform to cultural patterns.

Morality is considered to be relative. Today the attitude seems to be that if you can get away with it, you are a "smart operator." We see this demonstrated in pay-offs, manipulation, and exploitation in labor, in business, and in government.

5. The willingness to accept the theory that alcoholism is a "disease," while at the same time refusing to advocate or employ the same techniques for its prevention and eradication that are advocated and employed for the prevention and eradication of other diseases.

Dr. H. M. Tiebout, a prominent psychiatrist and outstanding student of alcoholism, pointed out recently that through the years we have been "bally-hooing" the idea that alcoholism is a disease. He points out that he is convinced that alcoholism is a disease, yet he raises the question as to whether or not this might be one of the things that you say, and keep on saying, until you get to the point where you have convinced yourself it is true. He says that he lives in constant fear that one of these days "the roof may fall in on us."

It is only fair to say that I, too, believe that alcoholism is a disease, but in accepting and promoting this view, I believe it should be dealt with in the same manner, from the standpoint of prevention, as are other diseases.

6. The tendency to consider drinking to be "normal behavior," while at the same time tending to characterize any preference for abstinence, for whatever reason (except for recovery from alcoholism), as an indication that the person advocating such preference is emotionally unstable or inclined to fanaticism.

This is really a disturbing trend.

7. The belief that advocating the complete avoidance of intoxicants, as a means of preventing alcoholism and reducing alcohol problems, is unrealistic and even harmful.

One author, discussing this subject, makes this observation: "It is wrong to preach much about total abstinence." He goes on to observe, 'overemphasis upon the moral wrong of drinking is vicious, sentimental, and morbid, and an effeminate appeal to refined ideals of perfection is the worst of all.'

Although there may be merit in avoiding an *overemphasis* of moral considerations, nevertheless this viewpoint seems to be designed to discredit *any* moral consideration of drinking as such. Certainly the attempt to eliminate moral considerations from problems of drinking or alcoholism is unwarranted, and is a trend which ought to disturb every thoughtful person.

### **Needed Trends**

What is needed in order more effectively to prevent the spread of alcoholism and diminish the impact of alcohol problems in our society?



1. A greater depth of understanding of the nature, scope, and structure of alcohol problems. We must ever keep in mind that behavior patterns persist in spite of criticism or denunciation, so long as they meet a need. This has nothing to do with whether they are good or bad. When they cease to meet a need or serve a function, they disappear.

2. A better grasp and more effective application of the dynamics of social change.



Behavior patterns are learned, and therefore they can be modified. Yet much of the effort to modify the behavior pattern of society is too abrupt and tends to disregard completely the divergent backgrounds and viewpoints which prevail.

For example, one man, having listened to some ideas about how changes in attitude toward drinking might be brought about, commented, "Well, that is too slow. As far as I'm concerned the thing to do is hit 'em in the giblets, and hit 'em hard."

This is the way many people have been trying to do it for a long time. What results do they have to show for it? We need to face up realistically to this issue of social change, and attempt to understand the dynamics of human behavior in order that we might employ better techniques for conveying our convictions and our viewpoints.

Let me emphasize again that the behavior of adult drinkers *can* be changed. So often people say they are willing to write off all the adults, because there is nothing that can be done about their drinking. The only way to resolve this problem, it is argued, is to concentrate on the young people. But this is not true. *Because behavior patterns are learned they can be changed.* A number of young businessmen have told me they stopped drinking, simply because they concluded it wasn't doing them any good. Certainly if people can reach these conclusions on their own, many others can be helped to reach the same conclusion by focusing their attention on drinking problems in the right way.

3. A reappraisal of the approach to the "morality of drinking."

In this connection two questions can be considered: Why is there continued drinking on the part of professing Christians in those communions which condemn the use of alcohol? Why do children of devout, abstaining parents not follow the preachments and example of their parents?

4. A greater willingness to examine the viewpoints of others.

How many of us have candidly examined the reasoning and viewpoints of people who disagree, for example, with the abstinence viewpoint? Have we sought to understand their position, and how they arrive at it? This might be a fruitful means of increasing our effectiveness in dealing with others.

5. A more appropriate emphasis on the true warning signs of alcoholism.

The warning signs, which are currently widely publicized, deal with the symptoms which indicate that the person is already an alcoholic. More attention needs to be given to identification of those behavior characteristics which indicate that a person is moving in the direction of alcoholism.

Often we hear it said that drinking is "foolish behavior," because people don't get anything out of it. This is entirely too superficial a view, for if people were getting nothing out of drinking, they would not drink. The fact that a person will drink, even to the point of self-destruction, demonstrates that he *is* getting something out of it. Whether what he gets is good or bad is entirely beside the point in our effort to understand the "reward potential" of alcohol and its ability to meet the personality needs of the individual. Too few of us understand that *alcohol is capable of meeting the ordinary personality needs of normal people.*

6. Enlisting the enlightened interest of those who have less than a total commitment to the alcohol-free way of life.

There is a general failure to enlist the interest and concern of a great reservoir of public sentiment represented by those persons who are genuinely concerned about alcohol problems, but who have not seen fit to avoid completely the use of intoxicants in their social and business relationships.

7. Desocializing drinking, thereby making drinking less obligatory for those who, for whatever reason, prefer not to drink.

Many people today who are drinking would prefer not to do so, and would not be doing so were it not for continuing social pressures in business and social life which they feel incapable of resisting. This is one of the most important areas which deserve attention and which would be effective in reducing the impact of alcohol, and its consequences, on our society.

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FROM: "LISTEN"—

"A Journal of Better Living."

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"One becomes an alcoholic when he begins to be concerned about how activities might interfere with his drinking instead of how drinking might interfere with his activities."

--World Health Organization

# Nebraska Traffic Accidents

## "The Drinking Driving Problem Considered Major Factor!"

**Dan J. Casey, Colonel  
Nebraska Safety Patrol**

The passing scene of highway traffic is not a pleasant one. It is littered with the accumulated wreckage of nearly sixty years of accidents in Nebraska. It is strewn with the bodies of 13,000 killed, and the three hundred fifty thousand who have



been injured—many for life. Its economic waste soars in the hundreds of millions of dollars.

Over the years, many plans and suggestions have been made for solving the traffic problem. Some say superhighway construction is the answer; safety belts are the cure-all; better automobiles; speed governors; higher licensing requirements. All these and many more are advanced as the one final answer to the problem of highway accidents. Putting all of these into effect would undoubtedly help. But, it is our conviction—based upon our experience, that this problem lies in the mind of the driver, and it is there we must look for the answer.

Our annual studies of Nebraska traffic accidents have shown that the constant, unchanging factor was the driver or pedestrian who became careless while on the streets or highways, or who violated the traffic code.

In checking through the traffic violations, the drinking and driving problem is one of the major factors contributing to traffic accidents. While considering this fact the Safety Patrol activity report for the past year of 1966 shows that Patrol officers made 918 arrests for what we term "Drunk Driving." Drinking on the highway and intoxication accounted for 953 arrests and minors in possession of alcohol accounted for 1,152 other arrests by the troopers. These arrests are exclusive of those made by county and city officers.

The term, "Drunk Driving," is misleading because a driver does not have to be obviously drunk to be under the influence of alcohol. There are drinkers who have mastered the technique of being able to walk straight, talk intelligently and coherently and give every appearance of sobriety while they are in an intoxicated condition. To some, these people are not called "drunken drivers" because they do not stagger all over and have the slurred and unintelligible speech.

Nevertheless, these are the people who cause most of the trouble. The social drinker, not the drunk, is the biggest problem on our streets and highways.

Although the social drinker shows little or no sign of being under the influence, his driving ability is definitely impaired because everyone loses some clearness of mind and self-control



when small amounts of alcohol are taken. This is why the body fluids tests for alcohol as used by the Patrol and local police are so valuable in the over-all traffic program.

Some people have the mistaken notion that a drink gives a "lift" or stimulates the drinker, thus making him or her a better driver. We see this so many times with minors, whose alcohol violations are on the increase. Alcohol does not stimulate, it depresses. It depresses the control nervous system and removes inhibitions and social restraints. Actually, this is the so-called life which gives the impression of stimulation.

And, contrary to popular belief, coffee or other stimulants will not overcome the effects of alcohol; only time and the normal body processes will sober up an individual. So, it all boils down to that old, old slogan, "Alcohol and gasoline just don't mix when it comes to traffic safety."

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### **PERTINENT PARAGRAPHS FROM GEORGE WASHINGTON'S FAREWELL ADDRESS**

Religion and morality are the indispensable supports of political prosperity. Let us with caution indulge the supposition that morality can be maintained without religion. Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle. Morality is a necessary spring of popular government. Who, that is a sincere friend to it, can look with indifference upon attempts to shake the foundation of the fabric?

There are not a few today who evidently believe that we can have national morality without religion. You might as well expect to have a stream without a fountain, or a tree without a root. Mere philanthropy, altruism, or expediency, will never suffice to uphold society or the state. All moral sanctions go back to belief in God and the higher law.

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# SCIENTIFIC

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Temperance



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## Understanding and Responsibility In the Alcohol Problems of Today

By Dr. Harry Sheldon Warner, L.H.D.

(SEE PAGE 3)

Dr. and Mrs. Harry Sheldon Warner  
In their Mid-Years of Life-Service



# SCIENTIFIC TEMPERANCE JOURNAL

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SOME TURN TO GIN, OTHERS TO GOD  
READ THE DEVOTIONAL MESSAGE BELOW . . .

## HE RESTORES MY SOUL

READ: Psalm 23:2-3; Isaiah 40:29-31.

**W**HEN the soul begins to crumble, diagnosis and prescription become difficult. We recognize our inability to lift the bootstraps of each other's attitudes. A slap on the back and a "Come on, Joe . . ." do not help.

At this point some turn to gin—others to God. He alone can restore the weary soul.

At Jacob's well, Jesus shared his noon hour with a woman of a tired and tarnished soul. She admitted life was a burden; tomorrow had no appeal. Then the Good Shepherd told her of the "living water" that would become in her a spring, "welling up to eternal life." As she opened her heart, Jesus helped her. At the conversation's end we see a woman whose soul had been restored. Gratefully she invited friends, as spiritually anemic as she, to come to the Shepherd.

If you will ask him, God will lead you to the springs of the spirit. Whatever the problem, however your soul may have been scratched or bruised on the journey—go to the Shepherd; tell him about it; he will restore you.

**PRAYER:** Our Father, lead us in the green pastures of thy presence; restore us by the still waters of thy spirit. Amen.

—From TODAY, a Monthly Publication for Devotional Use (Reprinted by permission).

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# Understanding and Responsibility In the Alcohol Problems of Today

By HARRY S. WARNER, LHD



Still at his desk at ninety-two

IN RESPONSE to requests from associates to record my thinking today relating to the problems of Alcoholic drink in our society, and an approach that may have educational value among young adults, particularly college students, I shall give several of my impressions that I trust will be of value to others interested in the problem.

These impressions are the result of my 65 years of study and service in seeking to reduce the beginnings of the influences that lead to drunkenness and a trend toward alcoholism. They are covered more fully in my new book from which much of this article has been taken.\*

As is generally acknowledged, there are serious, even tragic, consequences connected with the use of alcoholic beverages. This historical fact need not be discussed here. Drinking, drunkenness and alcoholism constitute one of the most compelling of the social problems in America and most of the world in this century. It should now be restudied in the light of modern scientific research, history, and the controls required in these fast moving years.

This study should be comprehensive and fundamental, and include approaches in education and other efforts that may be taken toward improvement and the reduction of excesses and disorders wherever found. These disorders have been spreading in recent years, particularly among women and youth, in social groups of the middle and high standing classes, as well as among the immature, the

neglected in childhood and the indifferent.

The new approach and understanding now coming to the front, are marked particularly by the conception that the basic problem, or much of it, is one of mental, physical and moral health, and that it can be reduced or eliminated by a greatly increased demand that it be treated as such. This understanding needs more examination and critical study, but so far it has yielded substantial improvement and promises much more in the future. It is significant that greater concern and a new sense of social responsibility have been growing among people of influence and standing in the past few years. Responsibility for a new and substantial advance is inherent in the understanding that drunkenness, and alcoholism constitute one of the greatest welfare problems of the age. For "the alcoholic", whatever else he may be, is "a sick man", and the background from which he came is part of "a sick society."

The health approach has already become meaningful in education, both formal and general.

## *Previous Attempts to Remove Sources*

History reveals that for more than a century and a half, previous to 1935, a great variety of determined efforts were made to restrain drinking, drunkenness, and the saloon. These efforts succeeded with varying results, but they usually brought about substantial improvements in one way or another. In many social areas intoxication was questioned and



criticized, drunkenness became a disgrace; and abstinence a fully respected way of life in many social groups of the eighteenth and first half of the nineteenth centuries. The percent of non-users was increasing rapidly by the time the per capita liquor consumption reached its peak in 1911, when it began to decline. The period of lowest per capita alcohol consumption was about 1921 to 1925.

In America the evolution in thinking and the struggles to reduce outstanding dangers in the cult of Alcohol and Alcoholism may be identified by the words that expressed the meaning or purpose of each step; Moderation, Temperance, Taking the Pledge, Abstinence, Public Control, Regulation, License, Refusal to License, Limitation in the Number of Saloons, Local Option, State Prohibition, National Prohibition, The Eighteenth Amendment, Return of Legal Sale by the Twenty First Amendment, Return of Control to the States, and State Monopoly of Sale. These methods were tested and found to be inadequate to meet social "needs", and the demands of the heavy drinker for escape into a state of release from whatever ailed him.

During this century and a half of struggle to reduce drinking, obtain temperance (abstinence), remove the saloon, all aspects of the total problem were constantly being debated from the moral, physical, medical and political view points, but it was not yet felt to be a question of public health. However the percent of non-drinkers increased rapidly and these people became a powerful minority in social and political life.

In the years known collectively as "the Temperance Movement," the reformers carried through a great variety of programs and particular issues were well tested long before final prohibition came up seriously as an issue in public affairs. The consumption of beverage alcohol reached its peak in 1911, remained high for two or three years, and began to

drop just before a vote for national prohibition (18th Amendment) in Congress. Then it dropped until about 1925. The five years, 1921-1926, have been estimated to have been the driest in U. S. history.

Between 1932 and 1938, a more inclusive understanding of the sources and complications in the background of alcohol problems, grew from scientific research, psychological application and plain experience. But daily drunken excesses continued to occur much the same as before prohibition. It is now fully established that millions are yet the 'victims of drink'. These persons are not only those who never had a chance, but also many from all walks of life.

These burdens and excesses resulting from heavy and frequent drinking, and the culture that underlies them, are unjustly distributed. They fall most heavily on the least able to bear them, the family, the neglected children; also on the third or more of the community, who do not accept the culture of the local group.

Broadly it is the two-thirds who enjoy the states of intoxication, who should bear the full responsibility of preventing or meeting the public, and much of the private, costs of the huge national burden resulting from the alcohol drug satisfaction that they sustain.

The First Yale School of Alcohol Studies in 1942 was one of the earliest conferences of scientists, advanced educators and welfare leaders, to seek a basic understanding of why men want to drink. They wanted to find out the basic background of "the why", the traditions of society, the mores of society, and why it was that all previous attempts to reduce drunkenness had not been more successful than they had been to that date. There came out of the conference the understanding that "there must be a cultural situation which provides the occasion and some degree of permission before the process of becoming an al-

coholic" (begins.) — (Quart. Jr. Alcohol Studies, Sept. 1934.) And it became clear that the social culture of the period would acknowledge that there were many such occasions. The inherited customs ignored concern and responsibility for the mixing of alcohol with deficiencies in personality. The question of alcohol has long been one of the greatest of world problems, comparable with race relations in the United States, the most important aspect of which is the failure of those who drink to accept the responsibility for the problems which liquor creates. Unfortunately this attitude of indifference has become one large mass of indifference and MASS IRRESPONSIBILITY.

### *Public Health - New Objective*

Until the past 30 years the health objectives, relating to drinking, have been directed to the rehabilitation of the alcoholic. Service and leadership have been left to the AA's and the specialist, while social and economic aspects have been ignored by both laymen and professionals. The trends leading to excess have been overlooked by researchers and writers, and consequently by the public. Great progress has been made at the personal level by psychiatrists, personal counselors, medical consultants and religious counselors, who are concerned with the spread of drinking, especially by young people. The personal fellowship of Alcoholics Anonymous, with the "sick man" who really wants to quit is outstanding. But the latent possibilities of improvement through these modern approaches, have not yet been seriously undertaken.

It is from such socially motivated beginnings that a broadly based program can now grow, a program that will be inclusive enough, deep enough, long-time enough, to reach the sources and pressures that lie underneath the cult of anesthetic drinking, and the burdens that all citizens, drinkers and non-drinkers alike, must carry.

"Priceless as is the power to cure disease, the power to prevent is of far more worth to the community and the individual." Public health authorities prevent the adulterating of foods, prevent decaying fruits and vegetables from getting into the market, and maintain a keen inspection program to insure the safety of health. Similar regulations are being applied to a limited extent to some of the problems of alcohol. But the total service is very small indeed, to more than 5,000,000 persons who are now deeply involved in the uncontrollable "disease" of alcoholism. The public is not made aware of this tragedy and consequently few accept any responsibility to be helpful to the one who is susceptible. Yet that background itself is strongly ambivalent, both wanting and rejecting the satisfactions offered by alcohol. On the one hand this school of society extols alcohol, spreads the desire for it, makes the use almost compulsory in some parts of society, builds up the production and sale into a major industry, and makes the cocktail hour a symbol of greeting and fellowship. On the other hand society mocks and derides the "man under the influence", refuses to let him drive his car; the drunk is a popular object of ridicule, a joke to his fellow drinkers who have not gone so far, or he is left waiting the arrival of the police, which, it must be admitted, is not a very generous way to treat a fellow guest after a banquet. Thus the down-grading of both continues and toxic satisfactions slip too easily into disaster.

Among all advanced peoples, great sicknesses have been reduced or practically eliminated by the miracle of modern health medicine. Such killers as yellow fever, diphtheria and others have practically disappeared. Even tuberculosis and its contagion have been brought under control and its ravages greatly reduced. But while the germ laden air of a crowded street car, the house fly, and many viruses

have been identified as carrier agents, the beginnings of alcoholic illness are not acknowledged. Responsibility for their existence is evaded by those who participate most freely in them. The origins of alcoholic disorders are human beings, and attitudes of the people are decidedly ambivalent, both wanting and rejecting frank and full analysis. It was the lack of concern on the part of the drinking public, for the dangers to safety, public health and moral welfare, in large part, that was responsible for the movement of more than a century to banish the sale of all liquors.

Continuing this explanation to date, I quote from the Chairman of the Committee on Alcoholism of The American Medical Association, Dr. Marvin A. Block: who wrote in 1964 that: "If I were to put my finger on the great contributing factors in the prevalence of alcoholism in this country, the first would be the acceptance of drunken behaviour in our society . . . the second is the social pressure . . . everywhere you are offered liquor . . . the advertising of liquor should be changed to take away its glamour . . . something it does not have . . . These elements are dangerous." (Christ. Sci. Mon., June 11, 1964)

Certainly the very modern emphasis on the public health aspects of alcohol and its victims is one that all good citizens can support. Medical service is becoming more and more centered on the beginnings of illness. New symptoms are discovered and both new and old treatments applied. An outstanding marvel in the drive for better health is the effectiveness of the new treatments in surgery of the victims of highway tragedies, using procedures discovered only in the past five years.

### A Confident New Beginning

The knowledge that scientific research, history, and human observation together reveal clearly is that the problem must be

undertaken from many different approaches. No one attitude or objective field of service is enough if operating alone. The curative, by the doctor, counselor, minister; the rehabilitative, by the A.A., the Salvation Army, and the psychiatrist; the industrial relations program in the factory that seeks to recover high-grade employees from alcoholism; the restoration of neglected neighborhoods to head off juvenile delinquency; personal counseling by religious, medical, psychiatric and welfare experts with youth and those who have alcohol problems; basic preventive and never-ending education of parents and their children; objective scientific education in the schools; more vitalized education in the home and church, especially among young adults — the parents and social leaders; increasing instruction in colleges on all aspects of the problem, particularly in psychology, sociology, personal and public health, and government; student group discussion in preparation for service and citizen leadership; active participation by all citizens in the never-ending struggles in civic, social, municipal, state, and national politics that have to do with public opinion; and effective legal control of alcohol as a dangerous drug, as other drugs of similar character must be controlled. These many approaches are now necessary if "the fourth greatest illness" that affects humanity is to be substantially reduced.

\*Mr. Warner is General Secretary Emeritus of The Intercollegiate Association for Study of The Alcohol Problem. Until recently, and for many years, he was Editor of *The International Student*. Out of his wide experience he has authored and published the book, "An Evolution in Understanding of the Alcohol Problem," (Christopher, Boston 1966.) and many related monographs.

## What Would Happen

# *If I Should Drink*

by DR. RAYMOND M. VEH

Editor, Builders

**I**F I should drink, my conscience would be offended. Since early years I have been taught that it is wrong to drink. To override my conscience would weaken my character. . . .

If I should drink, *my character would be damaged*. Everyone knows that the major sins are connected with drinking. Immorality, gambling, stealing and lying are associated with alcoholic personalities. People know that a person who drinks is unstable emotionally and morally. When it is known that I drink, the public in self-defense must put me in the class with others who drink. . . .

If I should drink, *my will power is in danger*. My ability to make choices is life's boon. My mental machinery would have to slip a cog if I were to put an enemy in my mouth that would steal away my brains. As Shakespeare expresses it, "As long as alcohol is forbidden fruit, I do not have to decide when or whether I shall drink. . . ."

If I should drink, *my associates would be weakened*. Some of the people who know me are weaker than I am. If they think that I drink, they can more easily be tempted and then be victimized. Every good man one knows makes him stronger. Every act of self-denial or self-control I evidence makes me a stronger citizen in a community. . . .

If I should drink, *my Saviour would be hurt*. I believe in the idealism of Jesus. I believe that the body is the "temple of the living God." I believe that the leading Christians and church organizations of the world are working to purge society of this wicked evil. By drinking, I would embarrass the Saviour by contributing my influence to the enemy. I have done enough to embarrass him. I refuse to add drink to the list. . .

I cannot think of a single good reason for taking up the habit of drink. I prefer to be healthy, happy and useful to my family and friends and society. So I will remain a teetotaler. . . — Reprinted by permission of "BUILDERS."



# STAN & GENE

## RUTGERS NEWS SERVICE

Joseph A. O'Rourke, Director

NEW BRUNSWICK, April 20 — Stan and Gene, two standard-bred horses owned by the Rutgers Department of Animal Husbandry, have just helped contradict the biochemists who said you couldn't get a horse drunk.

The suggestion that it would prove difficult to intoxicate a horse had been made because it was known that the liver enzyme which oxidizes alcohol in the horse is about 10 times more active, under test tube conditions, than its human equivalent.

But Dr. David Lester, professor of biochemistry at the Rutgers Center of Alcohol Studies, and his assistant, William Z. Keokosky, were aware that enzymes often behave quite differently in living bodies than in test tubes. They decided to check out for themselves the matter of a horse's susceptibility to drunkenness.

As a result of their studies, Dr. Lester gave a report yesterday afternoon before the 51st annual meeting of the Federation of American Societies for Experimental Biology at the Pick-Congress Hotel in Chicago.

He reported that the horse metabolizes alcohol at about one-third the human rate and that the effects of alcohol are more persistent in the horse than in man.

"With .1 per cent alcohol in the blood some difficulty in coordination of the horse's hind legs were evident, an effect also noted in other novice drinkers," Lester wryly observed.

Gene and Stan were given by intravenous infusion amounts of alcohol

equivalent to two to four ounces of whiskey in a 150-pound man. Blood samples were then taken which showed that the concentration of alcohol in the blood of a horse decreases at a rate of .007 per cent per hour, while the rate in man is about .02 per cent per hour.

"If the horse burned the alcohol in its blood at a rate equal to or greater than that of man, a sharp rise in temperature might have resulted. This didn't happen," Lester says.

Dr. Lester reported that both horse and man are able to metabolize alcohol at a rate about equal to six grams of alcohol a square meter of body surface each hour. This is the first study of the rate of alcohol disappearance in the horse.

In addition to satisfying Dr. Lester's curiosity, the study has important implications.

"It can serve as a warning against drawing conclusions from enzyme activity in the test tube and assuming they apply to the living organism," he points out.

Dr. Lester also notes that alcohol researchers have recently found some people whose liver enzymes which deal with alcohol are three to five times as active as normal, and have speculated that this high activity level might be related to a predisposition to alcoholism.

"This study in the horse indicates that factors other than those that may be inferred from the activity of the pure enzyme outside the body, control the actual metabolism of alcohol," he says.

A pertinent question —

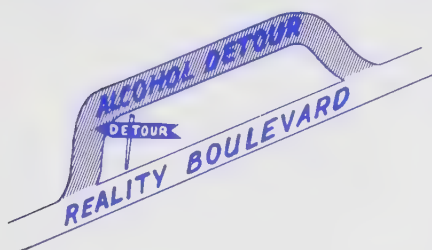
# *What's New About Alcohol And Us*

Reprinted with permission of American Business Men's Research Foundation from the book, *WHAT'S NEW ABOUT ALCOHOL AND US*.

## **Alcohol — Detour from Reality**

**A**lcohol is the road of avoidance of responsibility; it is a detour from reality but reality is always there when the detour is ended.

We form positive virtuous character not by the avoidance of conflict but by the solution of conflict.



We master ourselves, not by concealing our defects, but by overcoming them.

Even in the most moderate drinking the forces that build positive good in character are temporarily anesthetized. The forces that

build negative or evil character are temporarily enthroned.

The postponement of decisions, the drowning of sorrow, the impairment of efficiency and mental effort under the impression that they are improved, the mild euphoria of occasional moderate drinking is simply the substitution of a drug for the moral concept. . .

From the temporary avoidance of reality on occasion by even most moderate drinking to the drunken days of alcoholism when character is largely destroyed, is usually a long road.

Fortunately many who drink never become alcoholics, but not so many also always refrain from at least temporary excess.

Character is built by exercise just as an athlete builds his physique. Instincts, sentiment, habits, impulses, emotions and desires are all a part of character, says Shand in the Encyclopedia Britannica.

Alcohol influences all these attributes. It does not ennoble them; it does debase them. . .

### **Inebriety—The Most Important Social Problem**

We do not claim that of each seven persons who drink two will become victims of alcohol. It is possible that they may do so.

Our point is, that an appreciable, even a staggering number of "moderate" drinkers, become immoderate users of alcohol during their drinking years.

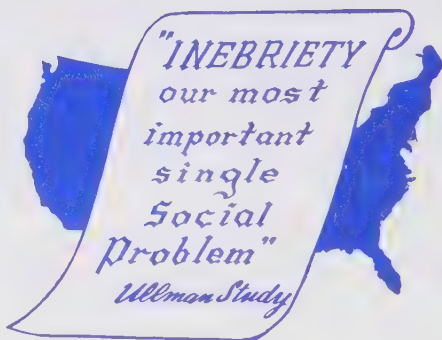
Those who regard alcoholism as a "disease" insist that these people who cross the border from "moderation" to immoderation are "sick" people regardless of alcohol.

Without "alcohol" they, these sick, would in time have turned to other things, is the claim.

If these people had, prior to the use of alcohol, defective personalities, then alcohol must have not only failed to stop further deterioration of character but have materially contributed to the further destruction of personality.

Looking back over significant periods of time these cases would total thousands and even millions, whose initially sane judgment, good sense and clearly held moral standards had so disintegrated as they used alcohol that their personal integrity had deteriorated and their character had been permanently affected. . .

The effect of alcohol on character is found in the study of a thousand unsuccessful careers made by Albert D. Ullman, Ph. D., in collaboration with Harold W. Demore, Jr., A. M., and A. Warren Stearns, M. D. The basis for this study was the records of a thousand persons admitted to Tewksbury State Hospital Infirmary, Tewksbury, Massachusetts.



Under the title "Does failure run in families," the Ullman study tabulated cases in which alcohol was a conspicuous 59% of the total, and the conclusion of the study was: "We are justified in considering inebriety as the most important single social problem represented in our population."

## **Alcohol And Crime**

Records of the relationship of alcohol to crime furnish further evidence of the moral breakdown of the alcoholic victim.

Particularly certain are the facts shown in an important record made by Lloyd M. Shupe, police chemist in charge of the scientific crime detection laboratory, Columbus, Ohio Police Department. In this study, the investigator found that the chances are better than four to one that crimes of violence, especially crimes of cutting, concealed weapons, and other assaults, are committed by persons under the influence of alcohol; that in cases of robbery, burglary and larceny, the perpetrators of the crime were two to one under the influence of alcohol. The Columbus, Ohio police official points out, however, that the true relation of the studies made were of persons "who were caught at their crime. Whatever else the survey shows it reveals that "of those caught during or immediately after the commission of a crime, 64% were under the influence of alcohol to such an extent that their (moral) inhibitions were reduced."

Another study covering an exceedingly detailed inquiry into factors of delinquency in a thousand case histories in the greater Boston area was made by Drs. Sheldon and Eleanor Glueck of Harvard Law School. Their conservative conclusion was that six out of every ten juvenile delinquents have fathers that drink to excess, many have mothers who likewise are excessive drinkers.

## **Racial Damage Of Alcohol**

Perhaps the most arresting comment upon alcohol and moral breakdown is detailed in several important paragraphs of Arnold Toynbee in his recent volume "Civilization on Trial." He does not hesitate to point out the possible racial damage of alcohol in the disintegration of 19 civilizations that have preceded our present one.

Toynbee pertinently poses this question: "Why cannot civilization go on shambling along from failure to failure in the pain-

*(Concluded on page 14)*



# *How To Help The Problem Drinker*

by RALPH A. HABAS, Ph.D.

Reprinted by permission of FAMILY WEEKLY.

**A**LCOHOLISM in the United States is 10 percent more common than tuberculosis, 50 percent more frequent than cancer, and 225 percent more prevalent than polio before the Salk vaccine. Of the 65 million persons who use alcoholic beverages, eight million are habitual drinkers and there are at least four million—one out of every 16 alcohol users—whose drinking has become a serious problem to themselves and others.

If you're the wife, husband, son, daughter, parent, or friend of a problem drinker, you undoubtedly want to help him. And he needs your help. No liquor victim can cope with his problem alone.

You must realize at the start, however, that alcoholism is a *disease which gets steadily worse and, in its early stages, may not be recognized by its victim*. In fact, even the confirmed alcoholic may be under the illusion that he can control his drinking. Though it may already have caused him all kinds of trouble, he may still think his liquor problem isn't serious.

The first thing you must do, if you intend to help a problem drinker, is develop a genuine attitude of sympathetic understanding. This means you mustn't make yourself miserable by harboring feelings of anger or resentment. It also means you shouldn't direct your anger or resentment toward the liquor victim, thus making him less responsive to your help.

## **Alcoholism Is An Illness**

True, there's ample provocation for such feelings in the behavior of most alcoholics: in their lies, their broken promises, the exhibitions they make of themselves, their lack of consideration for others. But you must remember that an alcoholic is a sick person. To convince yourself of this, you have only to remind

yourself of how the typical alcoholic systematically destroys his marriage, his career, his friendships, his reputation. Such conduct can stem only from mental illness of some sort.

Once you understand the nature of alcoholism, you'll be more sympathetic toward the particular alcohol victim in whom you're interested. You'll no longer blame him for the troubles, embarrassments, or heartaches he may cause—any more than you would a victim of tuberculosis or heart disease. All your thoughts would be on measures to bring about his recovery.

Don't carry your solicitude too far, however. Your affection mustn't lead you to pamper or coddle him; such treatment won't do him any good and is unfair to yourself. You must be sympathetic, yet firm. But being firm does not mean preaching, lecturing, scolding, or nagging.

Something else you should *not* do is make empty threats. It's what one actually does, not what one threatens to do, that gets results. So, if you're wise, you won't threaten at all; you'll merely do what you feel you should or must do when the time comes.

Don't make dramatic gestures—like banning liquor in the house or forbidding friends to serve alcohol to the one you're trying to help. Any attempt to shut off his liquor supply is doomed to failure, since he will always find a way to get it.

Risky though it may be, you must treat the alcoholic as a mature and responsible person capable of taking care of himself—especially if he has shown that he is trying to control his drinking. You must let *him* tell the host or hostess he would prefer a non-alcoholic drink. He should help decide whether there's to be any liquor in the house, and whether to avoid drinking parties entirely. Sooner or later he'll have to make his own decisions, and it's up to you to encourage him to carry them out.

### **Special Help Is First Step**

Your first concern should be to guide the alcoholic to the specialized medical or psychological help most appropriate for him—doctor, hospital, sanitarium, or Alcoholics Anonymous.

Religious faith, too, may help the problem drinker. To many, it offers the surest guarantee of mental health and inner peace. But regardless of where the problem drinker goes for help, the important thing is that he recognizes the seriousness of his problem and decides to do something about it.

## How To Discuss Alcoholism

You might accomplish this by tactful persuasion, particularly if you talk to him when he is feeling so badly that he is likely to do anything to prevent further suffering. You'll probably have to use a less direct approach, however, since relatives and friends of the problem drinker often find they can't discuss his drinking with him. In such cases, the printed word may do the job of persuasion for you. This calls for your giving the problem drinker some literature on alcoholism.

Another indirect method worth trying is to bring about discussions of alcoholism in his presence. Such discussions should at least lead him to do some serious thinking. It should be emphasized that the alcoholic is sick—and no intelligent person deliberately ignores his illness.

Once your alcoholic has shown a real interest in doing something about his problem, you should be ready to help him; but you must never let him feel that you are applying pressure. If he asks for help, that's fine. But so far as possible, you should let him make his own decisions.

You must not be discouraged if the alcoholic has a relapse while undergoing treatment—recovery from any long-standing disease takes time. Once they have started treatment, many liquor victims never take another drink. Others may abstain for months, then suddenly start drinking once more.

Such relapses are serious, but they don't mean the alcoholic will never recover. In fact, they may serve to convince him that he can never drink with safety again, thereby speeding his ultimate recovery.

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## WHAT'S NEW ABOUT ALCOHOL AND US? . . .

*(Concluded from page 11)*

ful, degrading but not utterly suicidal way in which it has kept going for the first few thousand years of its existence?" His partial answer is: "There is nothing to prevent our (Western) civilization from following historical precedent if it chooses by committing social suicide, but we are not doomed to make history repeat itself; it is open to us through our own efforts to give history in all cases some new and unprecedented turn. . . . We are not just at the mercy of an inescapable fate."

# SMOKING AND YOU

"Smoking and You" is the theme of a newly developed unit presenting facts about smoking to eighth and eleventh grade health classes in Columbus Public Schools. Developed by the Department of Physical and Health Education, the anti-smoking campaign is the result of extensive study, organization, and a survey conducted in all eighth and eleventh grade health classes during December, 1966.

Survey questionnaires were answered by 10,342 boys and girls indicating their smoking habits. Questionnaires included information about, age, grade, sex, academic standing, smoking habits of students, smoking habits of parents, age students started smoking, number of cigarettes smoked a day, and reasons for smoking or for not smoking.

Eight areas highlighted the survey which will be used as part of a comprehensive unit to be taught in elementary as well as junior and senior high health classes. Emphasis in the facts about smoking unit will be placed on health hazards caused by smoking.

Specific results of the survey data, contained in eight separate graphs, reveal the following:

(1) More than one of five eighth grade boys and more than one of ten eighth grade girls smoke.

(2) About one of four eleventh grade boys reported they smoke. Fifteen per cent of eleventh grade girls indicated they smoke.

(3) About one of five students surveyed of the 10,342 reported they smoke. The exact figure is 19%.

(4) Of students who smoke 73% have fathers that smoke and 53% have mothers that smoke. Eleven per cent have non-smoking fathers and 20% have non-smoking mothers.

(5) Academic achievement of smoking and non-smoking students is inversely related. For example, 38% of non-smoking students have above average grades

and 28% of smoking students have below average grades. Eleven per cent of smoking students have above average grades with 9% of non-smoking students with below average grades.

(6) The majority of smoking students (57%) started between ages ten and thirteen.

(7) Data indicated 72% of smoking students smoke half a package or less of cigarettes a day.

Three main reasons given for smoking are:

(1) Sixty-five percent reported that they were introduced to smoking by a friend.

(2) Forty-four per cent claimed to smoke for enjoyment.

(3) Thirty-six percent indicated that smoking is a habit.

Only about 9% of smoking students claimed cigarette advertising influenced their smoking habits.

Reasons for not smoking were found to be:

(1) I am proud not to smoke (64%).

(2) Cigarette advertising does not influence me (60%).

(3) There are health hazards (60%).

(4) My parents do not permit me to smoke (57%).

(5) I don't believe in it (54%).

(6) Athletic competition (54%).

The unique survey project, initiated last September (1966), forms the nucleus of the anti-smoking unit to be supplemented by pamphlets, charts, posters, filmstrips, and film. Cooperating organizations include the American Cancer Society, the Central Ohio Heart Association, the Tuberculosis Society, and the Columbus Public School Audio-Visual Department.

The new health studies unit will be ready for classroom use in the spring of 1967, according to the Division of Instruction, Assistant Superintendent, L. W. Huber. Main focus of the newly-developed study will be upon facts about smoking — "Smoking and You."



FREE COPIES TO LIBRARIES While They Last

# AN EVOLUTION IN UNDERSTANDING of the Problem OF ALCOHOL

"A History of Collegiate Idealism"

BY HARRY S. WARNER, L.H.D.

This book is the Life-story of the Intercollegiate Association for Study of the Alcohol Problem from 1900-1966. The author traces the changes in attitudes, service and thinking on the problem in the successive generations of college studentss who were concerned and "wanted to do something about it."

Published 1966    Price \$4.95    Paper back \$2.95

The paper back is free to Libraries

*The Liquor Cult and Its Culture*

BY HARRY S. WARNER

Published 1946 by the Intercollegiate Association. A clear factual outline and explanation of the main aspects and problems related to alcoholic drink. Objectively Written. An All-over view.

Price \$1.35    Free to Libraries

*Packet of Information* for students who write reports and papers on the alcohol problems for school requirements, miscellaneous pamphlets. *Free to Students* on Post Card Application.

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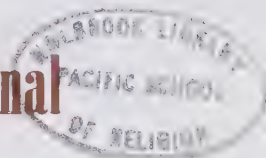
LEVEL  
ONE

# SCIENTIFIC

Temperance



Journal



Volume 75

October, 1967

No. 3



## SOUTH VIEW

Office and Headquarters Building  
Temperance Education Foundation, Inc.  
Westerville, Ohio 43081

This building has twelve large rooms which contain the largest Research Library in the world on the problems associated with the use of ethyl alcohol for beverage purposes.

See Pages 3 and 4

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.  
EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 75

October, 1967

No. 3

*"Take care of the child, and the country will take  
care of itself."*

## PARENTAL RESPONSIBILITY

Drinking among high school students presents a serious problem in which parents must consider their responsibilities . . . They are aware of the hazards of teen-age drinking—youth is not.

*No one has the moral right to serve any alcoholic beverage to other people's children.* The adult who does so is directly responsible for any of the serious consequences which may result.

(From a suggested "Social Code for Teenagers and their Parents," Published by the Parents League of New York.)

### BEGIN WITH THE BOY

If you are going to do anything permanent for the average man, you have got to begin before he is a man. The chance of success lies in working with the boy and not with the man. That applies peculiarly to those boys who tend to drift off into courses which mean that unless they are checked they will be formidable additions to the criminal population when they grow older.

No nation is safe unless in the average family there are healthy, happy children. If these children are not brought up well, they are not merely a curse to themselves and their parents, but they mean the ruin of the State in the future.

—THEODORE ROOSEVELT

Published four times during the school year — by The Temperance Education Foundation, Inc., at Westerville, Ohio

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage 16 cents additional.

Entered as second-class matter June 6, 1915, at the postoffice at Westerville, Ohio, under the Act of March 3, 1879

# **Expanded Program and Activities of The Temperance Education Foundation**

The Temperance Education Foundation, with offices at 110 South State Street, Westerville, Ohio, announces a three-fold program of expansion to respond to the increased demand for scientific, impartial, and authoritative material on the many-sided "alcohol problem," the use of "tobacco" and "dope."

## **Entering Upon a New Era of Application of Scientific Truth**

The present era is distinguished by the spirit of scientific inquiry and research, to a degree never before known in the world's history. Scientific methods are being sought and scientific truths applied to the solution of problems in many realms—in the fields of medicine, surgery, engineering, industry, aviation, radar, atomic research, to name only a few. The application of scientific truth to these problems is in keeping with the spirit of the age.

## **Educational Methods Employed**

To achieve this end the foundation employs only educational methods, leaving to other agencies the use of legislative and political means. It is nonpartisan and nondenominational, devoted to one object only, the setting forth of impartial and unbiased information on various aspects of "alcohol", "tobacco" and "dope", gathered from scientists and authorities throughout the world.

## **Cooperation With Other Agencies**

During the past years, the Foundation has cooperated with many church and denominational groups, with national temperance organizations, with educational agencies, teachers and school authorities, and with corporations, business enterprises and interested individuals. It has printed and distributed material for use throughout the United States and in many other sections of the world. It is constantly seeking to extend its activities along these lines, at the same time avoiding duplication and overlapping.



## **Work With Young People Most Important**

*"Take care of the child, and the country will take care of itself,"* may be said to be the motto of the Temperance Education Foundation.

There are now in the United States nearly fifty million boys and girls of high school and grade school age, to say nothing of the millions of others above and below these limits. From these youngsters will come our local, state and national leaders in politics, business, and religion, for the future. If these boys and girls are to have the proper educational opportunities, if they are to receive training in ethics and moral standards which is absolutely necessary if our nation is to progress, someone must see to it that they are surrounded with the proper and wholesome environment; that, so far as it may be accomplished, they shall not be robbed of their birthright by poverty, delinquency, disease, vice and crime.

## **The Foundation Provides Material for Schools**

The Foundation has devoted itself especially, in recent years, to furnishing and distributing a high type of material on the alcohol problem to young people, especially in the upper grades, high schools, churches and Sunday Schools of the nation. We are assisting in furnishing periodicals edited especially for school use to more than 25,000 high schools and school libraries, colleges, universities and temperance workers.

## **World's Largest Temperance Reference Library**

What is undoubtedly the world's largest reference library on the alcohol question is stored in the headquarters building at Westerville. Here there have been gathered more than 200,000 books, pamphlets, documents, and other items, including rare and out-of-print volumes, collector's items, and copies of periodicals published by temperance organizations of bygone years, from many sections of the world, extending in some instances over more than fifty years' continuous publication, and printed in languages ranging all the way from French, German, Danish, Swedish and Icelandic, to Afrikaans, Japanese, Russian and Arabic. During the past two years an effort has been made to rearrange and catalogue this mammoth research library. By the first of January, 1968 the library will be open to graduate students for research on Master's theses and Doctorate dissertations.

# A New Inexpensive Booklet

(32 Pages and Cover)

Publication Date - November 15, 1967

## THE TRIPLE THREAT

“Alcohol”—“Tobacco”—“Dope”

This new booklet is prepared under a pseudonym by an author of many booklets in personal guidance. He calls this discussion “A Brief Broadcast from Station TYPE.”

A new feature of this broadcast or discussion is that it almost altogether refrains from adult advice or sermonizing. On the contrary the author assumes that young people are smarter than adults about juvenile problems and he frankly admits this to his readers. This point of view is so unusual in booklets of this kind that we are reprinting the author's Foreword here to show it. Some adults may call this heresy. We call it common sense.

## FOREWORD

### Especially to Teenagers But Also to Their Older Friends

I have used Station T-Y-P-E for this broadcast because I have faith that the printed page will give you facts about our topics more impressively than do the singing commercial fables you hear so monotonously over radio and television.

And I address myself chiefly to young people because I feel that right now you teenagers can handle your own problems better than adults who have failed to solve them. While some statistics show a present increase in juvenile delinquency, we must remember that there is also considerable adult delinquency.

Anyhow, most of you younger people are usually on the right track both at home and at school. But the few who go astray somehow seem to make the headlines.

When I started this broadcast, I was much tempted to sermonize a bit about the evils of alcohol, tobacco, and “dope,” but I soon remembered that you had already received some instruction along this line at home, in church, or in school.

And so, this printed reminder will consist chiefly of a few important facts about the topics under discussion. If you young people are ready to go to school, to be drafted,

or to take a job, you are certainly able to decide on a fact basis whether you want to smoke, drink, or use "dope." Most of you can tell fable from fact and to the few who cannot, I suggest that you seek counsel at home, in school, or at church.

*About Adults.* Strange as it sounds, our adults are actually more dependent upon you young people than you are upon the adults. You fight our wars, you fly our planes, you carry forward always the spirit of American greatness. Without you we would soon be helpless.

Personally, I worry a bit because in such a short time you will become just another adult. Therefore, I am hoping that you presently handle "Alcohol", "cigarettes", and "dope" better than we have handled them. You could not do much worse.

### I. B. Truth

In this advance review, as publishers we can only give you a hint of the unusual appeal this new TRIPLE THREAT should have. The title is apt and each section is presented with a minimum of dry detail. Always and continually the young reader is reminded that about alcohol, tobacco, and dope, he already knows many of the facts and that choice of action is in the long run largely up to him.

## Part I—Alcohol

Alcohol is discussed as a dangerous depressant to the central nervous system and therefore extremely hazardous for use, even in small quantities, by any person driving a car. The National and the individual liquor costs are explained in simple terms and adults are charged with our present deplorable plight in this respect. Alcoholism is briefly discussed, but more attention is given to the social drinker. Beer is classed as dangerously intoxicating if enough is consumed. And the so-called "moderate" drinker is shown to be most deadly with a car.

Always there is emphasis upon a well known fact. Since most youngsters want to drive a car, they are shown that driving and drinking don't mix. There is no sermon. Youth is told that he must make his own bed and lie in it.

## Part II—Tobacco

Here again the emphasis is placed upon personal choice. The teenager is reminded of the cost of tobacco to any smoker in dollars and cents, the cost in most cases of poor health

caused by smoking, and also a brief reference to the cigarette as a leading "firebug."

Since this broadcast is addressed to teenagers, the cigarette is chiefly discussed and some sarcastic ridicule is poured upon cigarette advertising. Frankly, the author almost asks young people if they are stupid enough to be influenced by pictures of long and short cigarettes, by "fitform" filters, by horseback riders in the clouds, or by bathing beauties on the beaches. Such typical cigarette advertising greets us night and day. Our United States Government requires a health warning on each package of cigarettes sold. All this the teenager knows. What more can an honest adult who helped make our laws have to tell him. This author reassembles many important facts about smoking and then says to the teenager, "You pay all the bills. Take your choice."

### Part III—Dope

The author wisely covers this section only in general terms because, as he explains, there is considerable danger inherent in the publication for young people of much information in detail about narcotics, especially about illegal narcotics or illegal drugs of any kind. However, he realizes that there is a certain amount of both right and wrong information currently being placed before a small section of our young people. And he writes what he thinks may help about marijuana, glue sniffing, heroin or other illegal drugs — *but only what he thinks will help*. He knows that only a small fraction of our juveniles are in any sense addicts, but he does not hesitate to tell that small fraction what drug addiction means. Always he reiterates that the youngster has a choice in the beginning but *very little* choice once he starts.

"Dope" is defined as follows by the dictionary: "Any preparation, as of opium, used to stupefy; an opiate; also, a user of opiates." And that definition though widely current is still called *slang* by the dictionary. And so it is put in quotation marks in the meaningful word to most people.

In this booklet, there is brief discussion of other illegal drugs, some of which, the amphetamines, seem to excite rather than stupefy. The barbiturates (legally and illegally sold), and more mention of alcohol as narcotic-like in its effects. Dangers resulting from drug addiction are emphasized but every effort is made to avoid creating undue curiosity about dangerous drugs.

In this Part III, as throughout the discussion, the author



has emphasized that young people can best look after themselves by no "chance taking" in the drug thrill area. The cost of such thrills in a life of misery are explained briefly and pointedly. But there is no preachment.

On the contrary, the author merely leads young readers to the brink of a precipice and shows them the almost certain windup of a foolish leap into such well charted danger. But always he makes clear that what one does and becomes is up to him, that here are a few facts upon which one can base a choice. Are you smart enough to choose wisely or are you just another dupe?

The underlying philosophy of this booklet, *Triple Threat*, may be summed up in eight short lines.

Yes, puzzled youth  
Must find the truth  
From life as best he can,—  
He heeds our voice  
But makes *his* choice  
More wisely than we can.  
(Two lines for adults only)  
Let us adults less often preach  
And thereby hope that we may teach.

Orders will be received immediately by Temperance Education Foundation, 110 South State Street, Westerville, Ohio 43081 at the following prices—

Single Copy	30c each postpaid
12 or more copies	25c each postpaid
100 or more copies	20c each postpaid
1000 or more copies	15c each postpaid

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### SOCIAL DRINKERS A MENACE

"The social drinkers are a greater menace than commonly believed, as their critical judgment is impaired with a fairly low alcohol concentration and they outnumber the obviously intoxicated drivers. Drinking to any extent reduces the ability of any driver."

—National Safety Council

The evidence favors the view that skills begin to deteriorate as soon as any alcohol is in the blood.

—Dr. D. C. Drew, Psychologist,  
University of London, at the International Congress  
on Alcohol and Alcoholism, Stockholm, Sweden, July, 1960

## **Secretary of Health, Education and Welfare To Appoint Advisory Committee on Alcoholism**

In March of 1966, in his health message to the Congress, President Johnson called for the start of a new program to counter the health problems created by alcoholism. The President said:

I have instructed the Secretary of Health, Education, and Welfare to appoint an Advisory Committee on Alcoholism; establish in the Public Health Service a center for research on the cause, prevention, control and treatment of alcoholism; develop an education program in order to foster public understanding based on scientific fact; and work with public and private agencies on the state and local level to include this disease in comprehensive health programs.

In accordance with the President's directive a National Advisory Committee on Alcoholism was appointed and a new National Center for the Prevention and Control of Alcoholism has been established as a major bureau of the Public Health Service. This recognition of the dimensions of the multitude of health problems involved in alcoholism signals a new approach to a decidedly old, but heretofore neglected, problem.

In April of 1967 the statistical bulletin of the Metropolitan Life Insurance Co. reported that deaths attributed to alcoholic disorders in the United States were nearly 11,000 annually. Additionally, their research revealed that the reported death rate from alcoholic disorders had risen steadily from 5.5 per 100,000 population in 1950 to 8.7 per 100,000 population in 1964. This amounted to an increase of nearly 60 percent over this short span of time.

It has been estimated that approximately 20 percent of the adult population in the United States is physically susceptible to alcoholism. But, of course, not all of these drink. Of those who do drink statistics indicate that one out of 15 either are now or will become alcoholics regardless of their intelligence, education, or many other factors.

As President Johnson indicated in his health message to Congress in 1966, there is a crying need to "develop an education program to foster public understanding based on scientific fact." —From Congressional Record, Oct. 3, 1967

## PREDICTING DELINQUENCY

**W**ith three elements of the child's early family experience you can predict with high accuracy whether or not he will become delinquent.

—The first is relationship of child toward parents. If a child is rejected by father or mother, or treated erratically, chances of delinquency go vertically up.

—If a parent is a criminal, a prostitute, or a drunk—and in those families where parents hate each other and there is constant bickering, children are more likely to become criminal.

—Third is the kind of demands made on the child. In those homes where parents have conflicting expectations or conflict over what the child does, chances of delinquency are high.

—Using these elements, it would have been possible to predict delinquents with 91 percent accuracy.

—Those children, who, when they grow up, were convicted of murder or direct assault, had been reared with extreme brutality and aggression by parents.

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—It is now within possibility to predict which children will become delinquent. And this is so when the child is six or seven. If this can be done, then it becomes possible to find preventive measures.

—Professor William McCord, Stanford University.

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## THE PROBLEM

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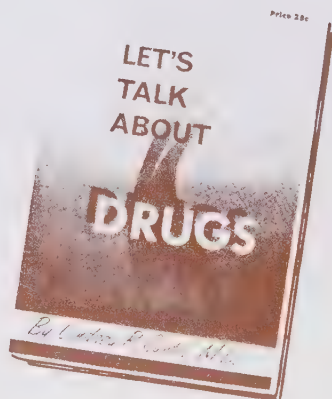
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Journal

Volume 75

December, 1967

No. 4

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## THE TRIPLE THREAT

*Alcohol—Tobacco—Dope*

Truth



ILLUSTRATED BY JACK KING

# SCIENTIFIC TEMPERANCE JOURNAL

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EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 75

December, 1967

No. 4

To School Administrators, Teachers,  
and Other Group Leaders

We publish THE TRIPLE THREAT with confidence in its ability to assist your young people in the vital fields discussed.

And we ask you to note some of the features that we believe will enable this booklet to win friends. Let us enumerate.

1. If "brevity is the soul of wit," it may also be a desirable quality in the learning process. We think it is, especially when prompt action is demanded in these areas—**now**.
2. Our author makes no pretense of "covering the field." He knows your students have access to textbooks and magazines that tell in great detail the story of alcohol, tobacco, and dope. He also knows that today's youngsters already know many of these details. In THE TRIPLE THREAT, our author tells young people to "think for yourselves."
3. This booklet frankly admits that adults have "fumbled the ball" in handling alcohol, tobacco, and dope and it reminds youngsters on almost every page that they can do better.
4. **Persuasive.** These few pages are hopefully persuasive rather than pedantic. The author seeks positive action from the reader.
5. **Illustrations.** These drawings are unusual and will reward repeated study. They may be interpreted differently by various readers. We think your young people will find in each drawing a satisfactory interpretation for himself.
6. **Inexpensive.** THE TRIPLE THREAT should be distributed widely to youth groups from junior high on up. We are therefore prepared to quote surprisingly low prices by the hundred or by the thousand.

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# THE TRIPLE THREAT

## *Alcohol - Tobacco - Dope*

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### Part I

### ALCOHOL

#### *A Complimentary Foreword*

**Especially To Teenagers—and Their Older Friends**

WE HAVE used Station TYPE for this broadcast because we have faith that the printed page will give you facts about our three main topics much more impressively than do the singing commercials heard so monotonously on radio and screen.

When we started preparing for this discussion, we were much tempted to sermonize a bit about the evils of alcohol, tobacco, and dope, but we soon remembered in time that you had already received some instruction along this line at home, in church, or in school.

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Anyhow, most of you younger people are usually on the right track both at home and at school. But the few who go astray somehow seem to make the headlines.

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And so, this printed reminder will consist chiefly of a few important facts about the topics under discussion. If you young people are ready to go to school, to be drafted, or to take a job, you are certainly able to decide on a fact basis whether you want to smoke, drink, or use dope. Most of you can tell fable from fact and to the few who cannot, we suggest that you seek counsel at home, in school, or at church.

### **About Adults**

Strange as it sounds, our adults are actually more dependent upon you young people than you are upon the adults. You fight our wars, you fly our planes, you carry forward always the spirit of American greatness. Without you we would soon be helpless.

Personally, we worry a bit because in such a short time you will become just other adults. Therefore, we are hoping that you presently handle alcohol, cigarettes, and dope better than we have handled them. You could not do much worse.

At the beginning, let us frankly state the goals and the limitations of this brief discussion. Since we have barely ten pages for each topic, we must assume either that you already know many facts about alcohol, tobacco, and dope or that you will be willing to verify further important truths which space permits us only to mention briefly. With this understood, let's get started.

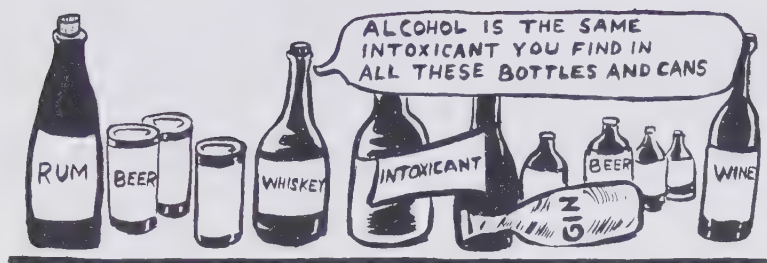
### **Just What Is Alcohol?**

We are here interested in ethyl alcohol only, the alcohol used in beverage alcoholic drinks. Its chemical name is  $C_2H_5OH$ . We are not concerned here with propyl, butyl, amyl, and methyl (wood alcohol).

Ethyl alcohol is a clear and inflammable liquid which is the intoxicating agent in fermented and distilled liquors. As you no doubt know, beer is made from fermented grain and wine from fermented fruit. In the common alcoholic beverages, you will find beer about 4% alcohol by volume, wine about 15%, and whiskey about 50%. The higher percentage of alcohol in whiskey is secured by a process known as distillation. Whiskey can have an alcohol volume content of 50%.

## “THE TRIPLE THREAT”

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Let us note right here that alcohol is the same intoxicating agent no matter in which beverage you drink it. A 12-ounce bottle of beer equals an ounce of whiskey in alcohol volume content. It is quite possible for people to become intoxicated from drinking beer or wine. It happens every day. If you don't believe this, consult your daily papers. Indeed, beer would not have "that relaxing effect" so widely advertised unless beer somehow affected a drinker like almost any narcotic or depressant.

---

### The Financial Cost Of Drinking

When we look at the financial cost of drinking—individually, as a family group, or as a nation—we are certain to be amazed at the immense amount of wealth literally wasted.

American drinkers spend about 14 billion dollars per year on alcoholic beverages and close to 10 billion on tobacco. One can barely think of such staggering sums. If we add another 30 billions spent for crime and a 20 billions spent on gambling, we have a total that makes the Vietnam war cost seem trifling. Also, with this spending, we kill and injure daily more Americans than we do in Vietnam. Our average traffic slaughter is now running over 1000 deaths each week.

Please reread the above paragraph. A bit later, we shall give you more of the picture.

### **If The Family Drinks**

Let us get away from national expenditure for alcohol and think through the cost of moderate drinking in a family of four. To be fair, we'll assume that father and mother take only two whiskey or gin drinks a day and that teenage brother and sister may average 2 12-ounce bottles of beer per day. At very cheap prices, you can readily figure out that alcohol costs this family a minimum of \$1.40 per day, \$42.00 per month. If moderate drinking leads to immoderate drinking, the cost doubles and trebles and an alcoholic may develop in the family. Then trouble and costs mount skyward so rapidly that we think it is high time we stopped to point out how alcohol causes trouble and often makes alcoholics.

### **You Should Know How Alcohol Works On The Brain**

Alcohol requires no digestion and therefore enters your blood unchanged via stomach walls and intestines, then reaching all parts by way of the liver where oxidation must begin. Since your brain is almost 85% water, alcohol's first effect is upon the brain, particularly upon the central nervous system. It alters definitely the drinker's ability to receive and to respond properly to normal stimuli. When the blood contains 0.15% of alcohol, a person is said to be **legally intoxicated** although we now know that people can be "dangerously under the influence" with half that percentage of alcohol in the blood. This percentage may be determined by a sample of blood or urine or by an analysis of the breath.

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**Alcohol is in no sense a stimulant. It is a depressant of the central nervous system, anaesthetic-like or narcotic-like in its effects and in its habit-forming tendencies. Its wide use is the direct cause of much loss of life and property, but our government continues to use it as an important collector of taxes. Why do we continue to pay more for such tax collection than the tax itself amounts to?**

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At the outset, we said to teenagers that we were specifically addressing them, that we would ask them to digest a few facts, and that we hoped to avoid sermonizing. In line with this plan, we stop now to enumerate a few facts you should already know about alcohol or which you can readily check in the library or in your own health and science textbooks.

### **Facts To Remember**

1. Alcohol acts as a depressant upon the central nervous system. It has little, if any, medical value and is in no sense a stimulant. Indeed, it produces narcotic-like effects and has been called an anaesthetic. Taken internally in sufficient quantity it can produce coma and even death.
2. Often, people think of alcohol as a stimulant because its first effect is to numb or anaesthetize the sensory and motor controls of the drinker. People who are careful about their acts and speech under normal circumstances may become quite the opposite after drinking even a comparatively small amount of alcohol. After an auto accident, many a driver has said, ‘‘I only had a few beers.’’
3. The alcohol in beer is just as intoxicating as the alcohol in whiskey or gin. A 12-ounce bottle of beer has about the same alcohol content as an ounce of whiskey.
4. The American drinking bill is tremendous—more than 14 billion dollars per year. Government licenses the sale of liquor and collects taxes from this sale. The taxes collected, however, do not equal the enforcement costs and loss of property cost that drinking brings to America.
5. We stated it would cost a family of four at least \$42.00 per month to do even moderate drinking in an average home. See if you can come up with any different costs.
6. There are at least 5 million persons in the United States who are classified as Alcoholics. We shall discuss alcoholism briefly later but right now we want you young people to understand that the heavy social drinker is a more serious problem than is the alcoholic.

### **Alcoholism And Alcoholics**

We speak medically of an alcoholic as a person who cannot stop drinking at will and who therefore lets drinking so interfere with his important life activities that he may lose family, friends, reputation—everything. At best, we can only estimate the number of alcoholics—at least over 5 million men and women. In former years, the alcoholic was classified as a drunkard and permitted to go along as best he could. The present tendency is more



## ‘‘THE TRIPLE THREAT’’

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sympathetic in that the alcoholic is regarded as a sick person with a chance for rehabilitation. You have of course heard of **Alcoholics Anonymous**, founded to help these unfortunate people. Most large cities also have some kind of rehabilitation center for alcoholics although it is probably true that more alcoholics land in jail or the workhouse after a spree than get to a doctor or a hospital.

### Social Drinking

We do not think we would be serving you well, however, to spend more time on alcoholics. We are more concerned about your social drinking because it is everywhere plain to see that in increasing numbers, Americans, including women, are using alcoholic drinks in larger and larger quantities. Apparently, the social drinker, even, the heavy social drinker, can stop drinking at will when he so chooses. But it is becoming increasingly evident that more and more drinkers **don't** stop and finally get so they **can't** stop. They have become alcoholics.

---

Right now let us emphasize that science cannot predict what drinker will become an alcoholic. Drinking beverage alcohol is dangerous. The surest way to avoid that danger is not to take that first drink. Remember that when you are young, you still have a choice.

---



**You always have a choice.**

### **What Is Legal Intoxication?**

More and more legal intoxication is being determined by the percentage of alcohol found in the blood—a percentage of 0.15% being almost universally accepted as clear evidence of intoxication. In Great Britain as low a percentage as 0.08% is accepted as proof. Certainly, we now know that any percentage from 0.08% on up will tend toward drunkenness. Indeed, beginning October 9, 1967 Great Britain has had a Road Safety Act in force that will permit law officers to enforce chemical tests. And any driver who “flunks” such tests may be deprived of his driving license for a year and also be fined heavily.

Many states now have laws designed to require a blood test after an auto accident. Indeed, some states already have laws that the granting of an application to drive a car gives the state the right to make such tests when persons are involved in traffic trouble.

Two scientists recently conducted an experiment upon themselves to determine what blood percentage of alcohol made them sufficiently “under the influence” that they would not feel safe driving a car. Both men weighed about the same—200 pounds. And each was surprised that when the alcohol percentage reached 0.08% in the blood, he felt he should not drive. A smaller amount of alcohol consumed in an hour would have produced the same effect on smaller men. In other words, if two 200-pound men can get “woozy” in an hour on about six bottles of beer or six ounces of whiskey, a lighter weight person will likely be equally influenced by a still smaller amount.

### **Facts To Remember**

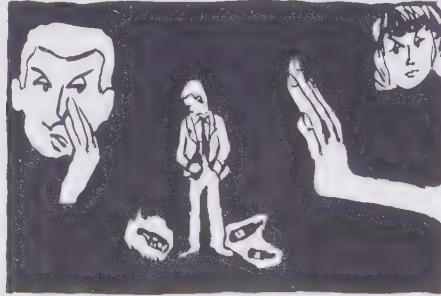
1. Please remember that in this booklet we are assuming that you teenagers are more vitally interested in the welfare of young people than are many of the adults who make our laws.
2. We have given you some facts about alcohol and we expect you to find out more about its narcotic-like or anaesthetic effects, about its individual and national cost, and about how it is sold throughout the United States.
3. We have explained alcoholism and heavy social drinking. Do some additional research on social drinking for we shall be spending time on that phase of alcohol in the few pages left for that purpose.

See Appendix, page 31.

## ‘‘THE TRIPLE THREAT’’

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4. Always keep figuring things out for yourself. A teenager can, if he or she tries, find honest and satisfactory solutions to most problems. And alcohol is now both a national and an individual problem. In the last twenty years our present adults have failed to solve the problem. You youngsters should do better.
5. Don't forget that an alcoholic may lose family, friends, everything.



**An alcoholic may lose everything.**

### **Some Startling Statistics**

We give you herewith some startling figures that appeared in ACCIDENT FACTS covering the year 1966. And we shall use round numbers so you can remember more readily. We had 53,000 highway fatalities, over four times as many as have been reported in the whole Vietnam war. Compared to disease, accidents of some sort caused more deaths for youths 15 to 24 than did all other causes combined. As far as a fatal accident is concerned, it seems as if any young man would be about as safe in the army as he would be in a new fast car.

And here is something else to think about. In 1966, we had 1,950,000 disabling injuries that ACCIDENT FACTS shows as costing at least \$10,000,000,000. Can you figure the loss in dollars of the 53,000 killed?

Most broadcasts or booklets would develop quite a sermon on the danger to you that the above figures represent. But in this discussion we are suggesting that you can apply this to yourself more effectively than we can apply it to you.

Treat yourself. Do a little thinking on your own.

### **Alcohol And Traffic**

Yes, this topic had to come up. People must wonder about the singing commercials on television or radio about beer. And they wonder also about the distinguished looking people who appear in the fine magazines that carry whiskey and wine advertising. But the advertisers never flash a picture of Skid Row on the screen, nor do they illustrate whiskey or wine in magazines as a kind of death dealer. They do not advertise highway deaths.

Reread the above paragraph and then say to yourself—WHY? WHY? WHY? You will come up with the right answer.

### **An Old Story**

About 25 years ago, a noted scientist, Dr. Samuel Gerber, was Coroner of Cuyahoga County, Cleveland. When a fatal accident occurred, the body was brought to the morgue and Dr. Gerber routinely made many blood tests to determine whether or not there was an alcohol incidence in connection with the accident.\* Nowadays, when somebody says in connection with traffic fatalities that there is some alcohol mixed up in over half of such accidents, we know he is probably right.

But 25 years ago, when Dr. Gerber first published his reports showing such high rates of incidence of alcohol in the blood of drivers of death cars, there were too many people who wanted to believe otherwise. Now, you teenagers know the truth about such tests. You also know that a test of the breath or the urine will also reveal the alcohol percentage in the blood. You are also smart enough to see that laws providing such tests will protect the innocent just as effectively as they discover the guilty.

### **Facts To Remember**

1. Alcoholics are seldom “cured” unless they go through an extended rehabilitation process. And the “cure” is over if the alcoholic attempts again to drink alcohol.
2. It is estimated that there are over 5 million alcoholics in the United States. This estimate is far too low because of the “covering up” that many families do for problem drinkers in the home.
3. Heavy social drinking is at an all time high in the United States. Beverage alcohol is at your elbow in hotels, on planes, at clubs, and, seemingly, in many homes.

\*See *Alcohol and Accidents*, published by School and College Service, 1730 Chicago Avenue, Evanston, Illinois.



4. Police officers are more and more being permitted to use chemical tests to determine the degree of intoxication, if any.
5. In 1965 there were 33,093 deaths among our young people from 15 to 24 years of age. Of these deaths, 18,688 were accidental and of these accidental deaths 13,395 were connected with motor vehicles.
6. Think through Number 5 above.

### **Alcohol And Crime**

As you would expect, alcohol has always had a close connection with crime and delinquency. This fact is important but really should require no proof here if you ever read the daily papers or otherwise learn about this drinking spree or that—often tragic for the drinker or for somebody else. There is an old saying that a man first takes a drink and then the drink takes the man. See if you can reword that to say it better.

Anyhow, we know that, throughout history, increased crime and increased drinking go hand in hand. If we were addressing adults, we would prove this more completely. But, somehow, we think you younger readers don't need more proof.

### **More About Social Drinking**

We are nearing the end of this brief discussion of alcohol and we would be missing the boat if we failed to give some time to what people may call "social drinking." For young teenagers, this may be a question of "gang sociability," or a kind of "showing off" a bit.

As you know, we adults have passed laws against the sale of intoxicating beverages to younger people. Yet these laws may not prevent your favorite gang from getting some bottles of beer or even some stronger beverage.

When that happens, you have a choice to make—a choice that may be all important to you. There is little chance of such beverage alcohol tasting good to you so you have everything to lose and nothing to gain from taking the first drink. You should be too smart to let so-called gang spirit hurt you physically or morally. **Eventually, many youthful drinkers run into trouble with the law.**

### **Heavy Social Drinking**

By heavy social drinking, we refer to the growing custom among Americans of drinking at all hours and places. The salesman buys drinks before lunch for a prospective customer and drinks before dinner so he can relax enough to enjoy his meal. And of course he needs a nightcap or two.

Not only do men drink more, but women also have increased their drinking patterns. There are too few social events in which beverage alcohol does not play an important part. And alcohol is now ‘‘at home in the home.’’

### **But Drinking And Driving Don’t Mix**

Please reread the preceding sentence. It is true for you and especially true for social drinking adults. Alcohol at the wheel of a car can be deadly and often is.

### **Moderate Drinkers Especially Dangerous Drivers At Times**

It may sound strange but the heavily intoxicated person is not our most dangerous killer with a car. Often he is too drunk to find his car. At other times, friends keep him from driving. But the good driver with two or three drinks may be very dangerous. His judgment is warped a wee bit yet he even thinks he is driving better than usual. At present day high speeds, a split second error in timing can and too frequently does result in traffic tragedy.



### **Talk To Your Parents**

If drinking is a regular feature of your home life, there is every reason to believe that your parents will advise you not to drink at least while you are young. Certainly, it is not the business of a discussion like this to suggest that any youngster be

## **‘‘THE TRIPLE THREAT’’**

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critical of what his parents do or may not do. Usually, drinking parents can give a son or daughter good advice.

### **Youth And Automobiles**

We have left this important topic for final emphasis because, if you are a normal teenager, you already are deeply interested in driving the family car or one of your own. Because insurance companies think young people are more reckless, insurance rates are higher for young drivers.

And young people are more reckless, are inclined to drive faster than their elders, and we adults are lucky that this is true today just as it has always been true. When adults forget this, they are inclined to be too critical of young people.

---

**We now know that even small amounts of alcohol, percentages of even less than 0.08% in the blood, can influence judgment. We wonder if you will agree that it is indeed foolish to take a chance.**

---

### **In Conclusion To Young People And Their Older Friends**

If you are a teenager, you have a right to ask adults why they permit the sale of beverage alcohol and even make a big profit on it (an imaginary profit) through taxes collected. You may rightfully ask how an adult generation that drinks to excess can offer a younger generation advice that can be too much respected.



From your point of view, alcohol may not now present any problems. If you are invited to drink beverage alcohol by an individual or by members of a club or gang to which you owe some loyalty, you can always say ‘‘No, thanks,’’ without offending.

But let us give you at least three words of advice and put them in capital letters. **THINK FOR YOURSELVES.**

## Part II

# TOBACCO

### Tobacco In General—Cigarettes In Particular

**I**N PART II of **Triple Threat**, we hope to say something helpful to you about tobacco; about its wide use in cigarettes. Naturally, the menace of the cigarette as a convicted destroyer of health must be recalled many times. But this does not mean that we'll forget entirely the financial cost of cigarettes to any user nor that we shall lose sight of the cigarette as the greatest firebug in history. In the few pages at our disposal, we'll not have space for much of the ‘‘Thou shalt not’’ kind of discussion. Instead, just as we did with **Alcohol** in Part I, we'll give you some facts. And basic truths are what you teenagers need most—truths upon which you can form judgments and make choices. By such judgments and choices—stupid or correct—you yourself largely determine both your present and your future. **Think through this last sentence for yourself. Nobody else can really think for you.**

### Other Uses Of Tobacco

Not all tobacco is smoked in cigarettes. Some prefer pipe smoking and also think it less dangerous to health. And, of course, a great many people still chew tobacco and the habit of using it for snuff has not entirely disappeared. American teenagers, however, do not have a large percentage of pipe smokers or of tobacco chewers. Girl teenagers seldom, if ever, use tobacco in any form but cigarettes. But we should address a few lines to pipe smokers. And while we are about it, let us not forget those fine looking men who handle cigars so cleverly on television.

The commercials on tobacco don't tell you that you can almost pick a spot for your own cancer. They never mention that pipe smoking tends toward cancer of the lips and that cigar smoking may tend toward cancer of the mouth. Both pipe smoking and cigar smoking will increase your chances for lung cancer but all in all the cigarette is the worst offender of the lot in causing lung cancer. But since few girls or women smoke pipes or cigars, we'll limit the emphasis of this broadcast to cigarettes.



### **The Dollar Cost Of Smoking**

Since the use of tobacco is daily—yes, hourly—advertised on radio or television as an accepted and **desirable?** part of American social life, we should know something about its cost to the nation. Note that we have put a question mark after **desirable** in the above sentence.

Frankly, we cannot tell you exactly what America will spend on tobacco in 1967 but based on the U. S. Chamber of Commerce figures for 1965, we'll spend about \$10,000,000,000. And, unless we come to our senses, we'll spend even more in 1968. In 1965, tobacco costs were much higher than were the costs of welfare and religious activities, private education and research, and doubled our national spending for recreation. This enormous cost does not include the millions lost because of tobacco-caused bad health.

### **A Typical Family Cost**

Sometimes national costs mean less because it is difficult for a reader to say to himself, “this national cigarette bill” must be costly for me. But let us assume that we look at the record of a family of four with two teenagers in high school and let us assume further that all four smoke. Father smokes over two packs a day but Mother only uses a little more than one pack a day. Sue is a regular but not heavy smoker—twelve to fifteen cigarettes a day and John is finding it hard to “get by” with only one pack a day.

Now figure out the family cost for yourself at from 25c to 30c a pack. And you get a family cost that will be at least \$500.00 per year and which will tend to get higher instead of lower. Now think through what your family could have for this money gone up in smoke. A new car every other year? A vacation for the breadwinners every summer? Substantial annual payments on a new home you all want? A big reduction in medical expense that may result from smoking?

---

We would be the first to admit that the three paragraphs above are rather dull reading unless—yes, just unless—you happen to be a teenager who is not simply a crowd follower. If you can think and will think, the above three “dry” paragraphs will enrich your life even if we do not ask you to ride a black horse back to Cheeseborough Country while you reread them.

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### **Cigarettes Are Deadly Firebugs**

Time after time we pick up the daily paper and read “The fire was caused by a burning cigarette left carelessly on a mattress.” Or by a “lighted cigarette tossed into the dry leaves by a careless hunter.”



**The cigarette is a deadly firebug.**

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Smoking in bed is common practice and causes much loss of life and property. People seem to forget that a cigarette keeps burning whether it is dropped carelessly or otherwise. And a match dropped in a waste basket has started many fires. Truly, a burning discarded cigarette may be deadly.

---

You may already have read about some of the big fires that caused great loss of life and property and were probably caused by a discarded cigarette or a carelessly dropped match. In 1944 at a Ringling Brothers and Barnum and Bailey circus, 168 people were killed and 682 were injured. The coroner blamed the fire on a cigarette that was carelessly thrown away on one of the tents. One big hotel fire, the Hotel Winecoff in Atlanta took 119 lives in 1946. This fire was blamed on a cigarette thrown into a mattress on the third floor. And so we could go right on ringing the bell on fire after fire. Each year we seem to have a rash of forest fires—fires that get completely out of control and destroy entire communities. The best estimate we can find says that careless smokers start about 150,000 fires a year, causing a huge part of our

## ‘‘THE TRIPLE THREAT’’

annual fire loss now estimated at two billion dollars. These figures are almost too big to understand. But whether they are a bit high or a bit low, it is not hard to understand why cigarettes can properly be called firebugs.

### Facts To Remember

1. Our national expenditure for tobacco will probably amount to approximately \$10,000,000,000.
2. Our imaginary family spent about \$500.00 per year or more on cigarettes. You were told some of the things this annual loss of \$500.00 might—if saved—have given this family. Tell us something else that a family of four might do with an extra \$500.00 per year.
3. The cigarette and match rank high in causing fires—about 150,000 fires per year and thus contribute heavily to our estimated two billion dollar annual fire loss. This is a bad record.

### Smoking And Lung Cancer\*

For many, many years statistics seemed to prove that smoking had much to do with cancer of the lung. But doctors and other scientists did not flatly state that smoking had a direct connection with lung cancer until U. S. Surgeon General Terry issued his famous **Report** in 1964. And surveys in many other countries have confirmed this finding. In 1967 or 1968 there will be (estimate) about 50,000 cases of lung cancer in the United States and the rate



**Cigarettes menace health.**

\*All health statements given here about cigarettes in relation to cancer and coronary trouble are based on the famous 1964 report of the U. S. Surgeon General.

## **“THE TRIPLE THREAT”**

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of cure for these patients is 5% or less. The risk of cancer increases according to the amount smoked per day and the number of years of smoking. By not smoking or by stopping smoking, a smoker may better his chance of escaping cancer.

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**Now most doctors agree that there is a causal relationship proved between smoking and lung cancer. Please look up that word causal.**

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### **More About Smoking And Cancer**

The 1964 Report states that “the causal relationship of the smoking of pipes to the development of cancer of the lip appears to be established.” The Report also said that much evidence indicated that smoking (cigarettes, pipes, cigars) caused cancer of other parts of the mouth, but the direct cause and effect relationship had not yet been proved. The Report stated that cigarette smoking is a significant factor in cancer of the larynx but the direct connection had not yet been established.

### **Other Effects Of Smoking**

The 1964 Report showed the high relationship between cigarette smoking and chronic bronchitis and emphysema to be of sufficient significance as to deserve further study. Coronary disease is also under close study because it is now known that the male cigarette smoker is more susceptible to heart trouble than is the nonsmoker. More evidence must be found, however, to prove that smoking is a causative factor. However, most doctors seem to agree with the statistical case against the cigarette. You should know that heart trouble is our greatest killer, 712,087 deaths in 1966. Why take chances?

### **Your School Career**

You may still have a grade school or junior high attitude that makes you think that smoking and long hair are signs of “growing up.” If this were really true, why have athletic coaches everywhere banned cigarettes? You know and coaches really know that a cigarette smoker and basketball do not work well together. And the same goes for football and other sports. My guess is that even the average band director would prefer a nonsmoker. Statistical studies made over the years indicate that the smoker keeps placing a ten-yard penalty on himself throughout life by smoking. And so we ask you—Why? Why? Why?



### Why Youngsters Start Smoking

Now this small section has me stalled and we cannot talk it over. And we wish we could. “Youngsters start smoking just to follow the accepted social pattern of their time.” That is only true in part. Foolish youngsters start thus. Others imitate parents and other adults who smoke. Many, even in the lower grades, seem to have a kind of “get smart” attitude about smoking. But one sure thing seems to be true of youngsters as well as adults—once they are well started on the habit, they find it hard to stop.

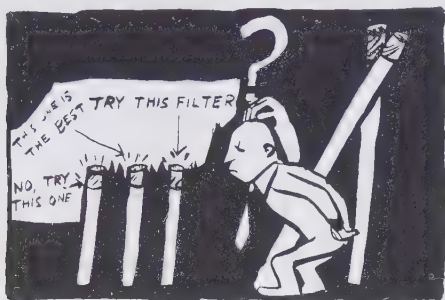
From here on, we’ll not pretend we know what caused this or that person to start this dangerous habit. All we can do is to keep broadcasting facts—not guesses—about cigarettes. If the facts don’t stop you, we’ll begin to wonder whether you have a mentality worth our worry.

### Facts To Remember

1. According to the 1964 Report of the United States Surgeon General, smoking, particularly cigarette smoking, definitely is a causal factor in cancer of the lung. Pipe smoking seems to have a similar relationship to cancer of the lips.
2. Statistical evidence points an accusing finger at the cigarette in the case of heart disease, but the cause and effect factor is not well enough established to be stated as fact. Many scientists think the case against the cigarette will soon be proved.
3. Close connection has been established between chronic bronchitis and pulmonary emphysema and cigarette smoking, but here again the direct causal relationship has not been proved.
4. The United States Government now requires a definite health warning to be printed on each pack of cigarettes. Read this warning and see how you could make it stronger by changing just one word.
5. For years and years, athletes have been required not to smoke. Figure out for yourself why coaches insist on a **no smoking** rule.

### Cigarette Advertising

If you want some fun, spend one evening listening to cigarette advertising or watching it on television. You should get a big “kick” out of the filter ads. Here is one that is typical: “Here,



try this new Macaroni cigarette with the new heavenly filter made of star dust packed in moonbeams. It is cool, cool, cool—and lets you see the stars.” Here is another. “Get the long filter with the short front. You get less tar because there is less tobacco.” Or “What brand of cigarettes is best? Surely for you it must be the one from Cheeseborough country with the valuable coupons.” Or this: “We made this cigarette even longer than king size because tobacco is its own best filter.” And always these cigarette smokers are healthy looking people, almost giving the impression that tobacco, or the filters, or the coupons made them so. Of course the lung cancer victims do not appear on television. Yet Americans young and old watch and listen to this kind of advertising hour after hour. And it must pay the cigarette manufacturers big because they never seem to worry about the grief they cause.

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Fortunately, we are beginning to get some anti-cigarette advertising over the air on free time donated thus far by the broadcasting industry. Some of this advertising is prepared or supervised by the American Cancer Society. And do not be too surprised if this pro-health advertising campaign grows rapidly. Our American doctors and public officials are at last awake.

---

### Should You Smoke?

We wish we could reach all you youngsters and give you some protection against this harmless looking killer—the cigarette. But we know you will have to work this out for yourself and we hope you work it out on the basis of convincing fact. We know, however, how easy it is for sheep to “follow the leader,” even down a dangerous path.

And so, we ask you only to stand before a full-length mirror just to determine you are not a sheep nor like a sheep. Indeed, young man or young woman, we compliment your thinking ability by believing your generation will handle the cigarette problem better than have your forefathers. When you question yourself about smoking, you’ll get the truth for yourself. And the truth you get may determine your future. Should you smoke? And please do not answer like a sheep.

### Your Problem Is Now

But growing up right now you do have a problem. You see grade school children smoking cigarettes and you also know quite a few older young people who really have the habit. Many in your crowd are likely to be smokers. Indeed most of your family may smoke. In this situation, for you not to smoke will require foresight and determination. Surely you do not want to be like sheep, blindly following a leader or custom into dangerous paths.

As we said in the previous paragraph, we think you will do better than the generation ahead of you because you now have facts about which they had to guess. You know the cigarette gun is loaded—with disease and expense—and we do not think you will be fooled much by the constant advertising of a dangerous product.

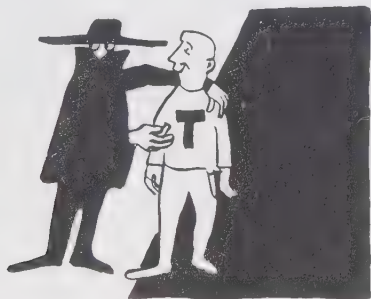
We don’t ask you to believe us although you can easily check all the facts we have given you. But we do hope you are bright enough to read what Uncle Sam makes each manufacturer print on each pack of cigarettes. Then ask yourself whether Uncle Sam may have you in mind with his warning. **You can help yourself by thinking for yourself. Are you smart enough to do just that?**

## Part III

### DOPE

**O**UR dictionary defines dope as “Any preparation, as of opium, used to stupefy; an opiate; also an opium or narcotic addict, a user of opiates.” However, we do not use the word dope to describe medicines legally prescribed by physicians, but we readily use the word to describe the deadly drugs illegally distributed.

Back of most of the illegal sale of dope are shadowy, underworld characters who often acquire great wealth through death and suffering inflicted upon their victims. Although they remain in shadows, they are always ready to enslave young, healthy Americans. Usually, the head criminal remains in the background while less frightening creatures “push” the dope.



**Shadowy characters are back of dope rackets.**

It is difficult to start a small discussion of dope for young people because, fortunately, most young people are not in contact with dope of any kind and know very little about it. We think it best in these few pages to present only a few facts you ought to know and to omit any detailed or all inclusive story of dope.



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In this section, we use dope in its broad sense as applicable to marijuana, heroin, LSD, "goof balls," or any of the dangerous drugs illegally sold in what is known as "the dope racket." When one thinks of dope in this sense, when he even thinks of glue sniffing or cough syrup binges, he thinks of evil at its worst. Marijuana frequently leads to heroin and very few heroin addicts are ever cured.

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### Marijuana And Heroin

Marijuana comes first to mind because it is perhaps more widely known than are some other troublemakers. Marijuana comes from a plant commonly known as Mexican or Indian Hemp. It cannot be grown legally in the United States. Apparently, Mexico finds a growing market here. Marijuana may be chewed as well as smoked but in this country at least, it is most widely used in cigarette form. Marijuana's chief effect is that of unusual excitement with considerable loss of control. In this distorted or stimulated stage which lasts from one to three or four hours, a marijuana smoker may become very dangerous. Naturally, as the stimulation wears off, a depressing effect follows. Yet foolish people continue to hold marijuana parties.

Heroin is a drug utterly terrible and enslaving in its effects. It is many times more powerful than morphine and is so dangerous that physicians no longer prescribe it. In fact its sale is banned in the United States. Most heroin addicts started with marijuana. And then possibly some friend suggested that the person might get a bigger "bang" by "snuffing a little of this powder up your nose." If this happens, it doesn't take long for the "sniffer" to learn how to inject heroin into his body with a needle. And then he is really "hooked." He will lie, steal, or even murder to get heroin and he cannot be "cured" except at a few hospitals in the United States where he may be kept or placed under supervision for three years. And then, even after he is cured, the former addict may somewhat quickly be in the same condition as before if he again touches the drug. Heroin can be so disgustingly horrible in its final results to a user that we refuse to describe it further here.

### **What Are Addicting Drugs**

We shall not get too technical here. We can simply state that one may become addicted to many things but that now we use the word in connection with the continued use of a harmful drug over a period of time to the extent that the user cannot get along without it and cannot quit of his own free will. Usually he, the user, will want bigger and bigger doses. Opium and all its derivatives are classified as addictive although physicians regularly use some medicines derived from opium—morphine being one. Prior to 1914, the law did little to curb the sale of such products but now both Federal and State governments try to exercise strict control. Heroin is completely banned and can only be sold illegally by “pushers” in the United States.

Many scientists include in the dangerous list most of the barbiturates, including the commonly used sleeping pills. These drugs are safe when taken under the continued direction of a physician for a quieting or soothing effect upon a patient. But used illegally and to excess, these drugs can become habit forming and cause the user serious trouble. The user’s judgment and reaction time may be seriously impaired. His judgment may become bad also so that he is particularly unsafe driving a car. Moreover, the barbiturate user may carelessly take an overdose and find himself at death’s door very easily. Yet millions upon millions of these barbiturates are illegally sold in this country every year. The user may get to depend upon such drugs and they may cause trouble when they are taken from a user.

### **Dangerous Stimulating Drugs**

Let us speak briefly first of cocaine, a white, bitter-tasting powder grown chiefly in South America. It has great value when used by a physician properly as a deadener of pain. Novocaine is a harmless derivative that dentists use constantly to relieve pain they cause while working in a patient’s mouth. This drug, cocaine, may be sniffed or “needled” into a vein but it does not stupefy as does opium. Instead it excites unstable people in such a way that they are temporarily greatly buoyed up, but as this buoyance wears off, depression and fear of people may set in. It is hard to see why any normal person would ever start using cocaine.

The amphetamines or “pep” pills are, as you may guess, valuable to a physician in the treatment of depressed patients. People began using them to overcome sleepiness. A college student

cramming for an “exam” or a tired, sleepy truck driver with hours yet to go might easily get the “pep” pill habit. But the sad truth is that the pills only appear to help, that in most cases the user would have performed his task better without them. If you are a smart youngster, you will not be trying out any pills not prescribed for you by a doctor. In the dope racket the stimulating pills are often called “pep pills” and those containing some of the barbiturates are known as “goof balls.” Of course, they have other names. The sad fact is that millions of such pills are being sold illegally every year.

### **The Tranquilizers**

We now have a fine group of new drugs called “tranquilizers” and physicians have found them useful. We shall not name them here. A patient can become emotionally dependent upon some of these tranquilizers but they are not addictive in the sense that bigger and bigger doses are required. Indeed, as far as young people are concerned, we can forget the tranquilizers because of their cost and because they are seldom available for young people.

### **Facts To Remember**

We have now discussed dope enough to list a few facts which you can put in your memory book.

1. In many large cities and in some of our smaller communities, the smoking of marijuana seems to be on the increase. This in itself is an especially dangerous habit to acquire not only because of what it may cause a user to do but also because many marijuana smokers become heroin addicts.
2. If you become a heroin addict, remember that you will become a slave to the drug and might even commit murder to get it. The only chance for a “cure” is to obtain admittance to the Government hospitals—one at Lexington, Kentucky and one at Fort Worth, Texas. Some states are also building similar hospitals and providing programs to save addicts. If a real cure is to be obtained, a watch and wait period of about three years is required. Heroin is a real killer.
3. You now know that the barbiturates and tranquilizers may be very dangerous to anybody using them unless a physician supervises that use. And the same is true of the stimulating or

exciting drugs like cocaine and the amphetamines unless their use is carefully prescribed. You know that if you take a ‘‘goof ball’’ from a friend, you may be starting something you cannot handle.



4. You are dopey if you fool with dope. The personal and national costs of dope to America are beyond estimate.

### **Let's Recall Part I**

Honestly, we should not forget to list beverage alcohol in the dope section. Although its first effect is one of apparent stimulation, you now know that alcohol is a depressant, a kind of narcotic, and that its first effect is upon your control over yourself. That is why alcohol appears at first to stimulate. But as more and more is consumed, the apparent stimulating effect quickly wears off and drowsiness or drunkenness may follow. We have thought it wise just to remind you here that alcohol is anaesthetic-like in its effect and most young people do not need or want an anaesthetic.

### **More About Drugs We Have Discussed**

In Part III, we have discussed many drugs whose medical value is unquestioned and whose uses are entirely legal when sold according to law. For example, physicians use the barbiturates constantly and have morphine instantly at their disposal. And new ‘‘wonder’’ drugs are constantly appearing. In this section on dope, we are chiefly interested in the illegal sale and misuse of dangerous products. And you probably agree.



### **Hallucinogenic Drugs\***

LSD (lysergic acid diethylamide) has been approved only for medical research. On the illegal market it has shown up as sugar cubes, in powdered form, and in tiny doses of solutions.

Researchers in psychiatry are hoping to find something in LSD that will guide them to better handling of mental patients, but to date there is no widely published report of acceptable findings by reputable scientists. In other words, LSD has not come into common medical practice at all.

But in many of our larger communities, illegal and unregulated use of LSD has for some reason been spreading. And here the user may get into dangerous situations because this drug seems to act directly on the brain. Right now LSD users are getting



**“Acid heads” may damage their brains.**

some banner headlines, especially in our big cities. Some call LSD users “Acid Heads.” But one or two doses may cause a person to go “completely off his trolley.” Frankly, we don’t know enough about LSD and its terrible possibilities to say much more here. Nor need we. If you have good sense, you will surely dodge it.

\*The distribution or possession of drugs like LSD without a doctor’s prescription is a federal offense. We could include here mention of similar dangerous drugs like peyote, DMT, and others, but we feel discussion of such drugs would defeat our present purpose. We know too little about them.

### **Other Dope Habits**

We just cannot nor need not list here all the various odd forms of dope taking that appear from time to time. For example, who thought of “glue sniffing”? Plastic cement has been around our homes for years but it only seems yesterday when we began reading about youngsters sniffing glue for a “kick.” And pharmacists say that they have addicts who buy paregoric for the little bit of opium in it and every so often drug stores have a rush on cough syrup that contains both codeine and alcohol. Foolish youngsters sometimes think it is not habit forming. Sniffing seems a bit on the increase because users generally have to increase the dosage to get the same “jag.” Ether, gasoline, and lighter fluids are some of the other liquids sniffed. All may lead to trouble and can do serious damage to the body.

### **What We Haven't Said**

. . . In this brief summary we have avoided trying to explain what makes teenagers do some of the foolish things that we have enumerated about dope. We could repeat what the books tell us you say: “That you didn’t want to be called chicken;” “that your entire crowd had been using marijuana;” “that your girl started you to sniffing glue;” “that heroin made me feel bigger and smarter than the other kids;” “that we had a club at our school, a marijuana club. I joined and ended up on heroin.”

We could have spent a whole page on similar examples and another page or two with quick stories of dreadful deeds by dope users. We left most of that out because you read about it and see it on television.

### **What We Hope We Have Made Clear**

We hope we have given you a few plain facts about dope that you already know or can easily check. Above all, we hope that if you have any personal problems about dope, no matter how trifling they may appear, you talk them over with your parents, with a physician, with a religious leader, or with a narcotic specialist if there is one in your community. Never hesitate to tell a policeman or other guardian of the law about any problem of this nature.

If you ever have a dope problem and do not wish to consult anybody locally, just write or phone the Federal Bureau of Narcotics, 1300 E. St., N.W., Washington, D. C.

## 'THE TRIPLE THREAT'

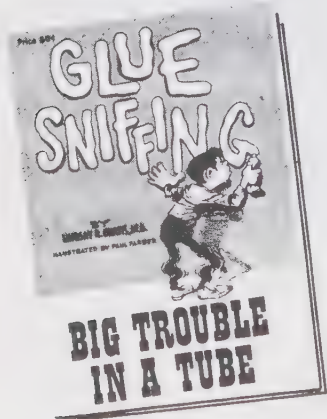
As a teenager, you are supposed to be better informed about most things than were or are the generations ahead of you. We have based this entire discussion on our belief that you are informed, that you are smart, not stupid.

If we are right in judging you so highly, we have taken the right approach to you about the Triple Threat—Alcohol, Tobacco, and Dope. May you handle all three threats effectively. We believe that most of you will.

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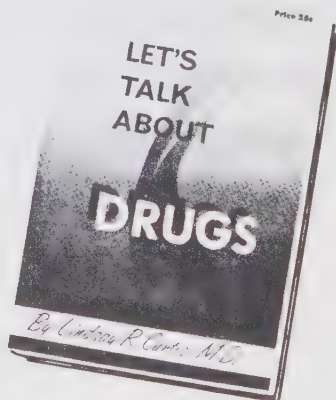
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- ALCOHOLIC RELEASE AND PUBLIC SAFETY**, Harry S. Warner, L.H.D. — A study in the "new understanding" series; discusses alcohol and the machine age. Paper; 16 pages; single copy, 20 cents.
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Temperance



Journal

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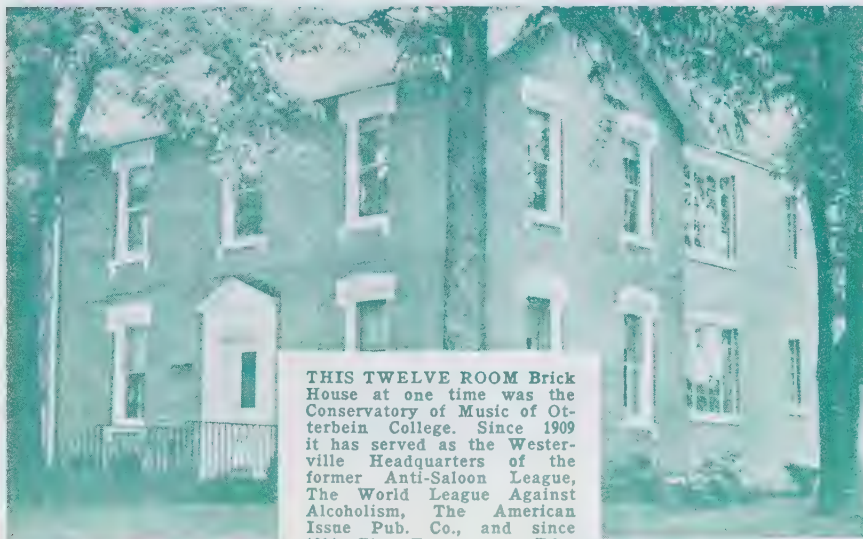
COLLEGE  
PACIFIC NORTH  
WESTERN  
UNIVERSITY

Volume 76

March, 1968

No. 1

## *Alcohol Research Library*



THIS TWELVE ROOM Brick House at one time was the Conservatory of Music of Otterbein College. Since 1909 it has served as the Westerville Headquarters of the former Anti-Saloon League, The World League Against Alcoholism, The American Issue Pub. Co., and since 1934 The Temperance Education Foundation. For years it was known as the Dry Headquarters of the World. It now houses more than 200,000 Books and other Documentaries constituting the largest Alcohol Research Library in the world.

LEFT INSET is the late Miss Rose Ila Grindell, devoted office secretary for 40 years. RIGHT INSET is Dr. Ernest Hurst Cherrington, Collector, General Manager and Editor of Publications of The American Issue Publishing Co., until his death in 1950.



## *Pictorial Presentation*

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.

EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 76

March, 1968

No. 1



## FRONT VIEW — 110 South State Street

FROM EXTREME LEFT—Westerville Medical Center, Headquarters Building, Westerville Memorial Library, Masonic Temple. Just across State Street is the old Stoner House, Hideaway for fugitive slaves, the Kyoto Tea House and an Exact Replica of USA JINJA SHINTO

Published four times during the school year — by The Temperance Education Foundation, Inc., at Westerville, Ohio

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage 16 cents additional.

Entered as second-class matter June 6, 1915, at the postoffice at Westerville, Ohio, under the Act of March 3, 1879

## Research Graduate Student Service

What is undoubtedly the world's largest reference library on the alcohol question is stored in the headquarters building at Westerville. Here there have been gathered more than 200,000 books, pamphlets, documents, and other items, including rare and out-of-print volumes, collector's items, and copies of periodicals published by temperance organizations of bygone years, from many sections of the world, extending in some instances over more than fifty years' continuous publication, and printed in languages ranging all the way from French, German, Danish, Swedish and Icelandic, to Afrikaans, Japanese, Russian and Arabic. During the past two years an effort has been made to rearrange and catalogue this mammoth research library. By the first of September, 1968 the library will be open to graduate students for research on Master's theses and Doctorate dissertations.

### A Request from Duke University

"At the moment, I am doing research on my Ph.D. dissertation, which is a study of the prohibition movement in Virginia, 1901-1933.

As you no doubt are aware, there is a need for scholarly study of prohibition, since most of the writing on the subject to date has been strongly bipartisan in tone, either for or against. The movement in Virginia is particularly significant because the leading figure there was the Reverend James Cannon, Jr., who, as you know, was later famous in national affairs in the late twenties and early thirties. Bishop Cannon's papers are in the Duke University Library and are of major importance to my work. In my M.A. thesis I traced the growth of the Virginia Anti-Saloon League from its founding in 1901 to early 1910, when its policy changed from local option to state-wide prohibition.

A historian, of course, is helpless without sources. I have corresponded with Mr. Edward B. Dunford, attorney for the National Temperance League, Inc., who informs me that you may be able to give me some assistance. If such sources are available, I would like to examine the records of the Anti-Saloon League of America for the period 1901-1933 which are relevant to its work in Virginia. I am also interested in examining any correspondence or papers of League officials which might be available, as well as the files of **The American Issue**, Virginia Edition.

I would be most grateful if you could arrange for me to examine such sources as exist, if they are open for research."



## Head of Speech Department to Receive Ph. D Degree

I am very happy to be able to tell you that I've completed my study program. Shortly before Christmas I successfully defended my dissertation, "The Speech-making of the Anti-Saloon League of America" thereby fulfilling all requirements for the Ph.D. degree. My committee was enthusiastic over my work and members of the speech profession expressed much interest at our last national convention.

I'm sure you will be interested in reading it. While I endeavored to be scholarly and objective, I think you will consider me to have been fair. The study now is in the typing process and I hope to be able to have copies of it by this summer. I would very much like to be able to arrange somehow to have a copy placed in your library. (Granted)

At my oral exam, one of my professors attempted to get me to admit that I was disillusioned with temperance reform now that I've done this study. I steadfastly refused to make such an admission and insisted that I hadn't been illusioned in the first place. I held that I believed these men to have been honestly and sincerely seeking a solution to a great social problem. Another professor said, "You know, I think you would have liked to have hit the temperance trail back in the old Westerville days."

I'd like to sincerely thank you for the invaluable help you gave me. Without your generous help and cooperation, a definite study with an insight into the movement could not have been done." J.L. (Head of Speech Dept. of a California University)

Replica of USA Jinja Shinto Shrine

Stoner House





THE LIBRARIAN'S AND RECEPTIONIST'S ROOM is to the right as you enter the Headquarters Building. Pictures will be removed and the North Wall will contain an Artist's Conception of the Buildings and Grounds from 1909 to 1930.



THE LOWER PICTURE is the Business Manager's Office with the Dr. Howard Hyde Russell Room to the North and the Educational Literature Room to the East.

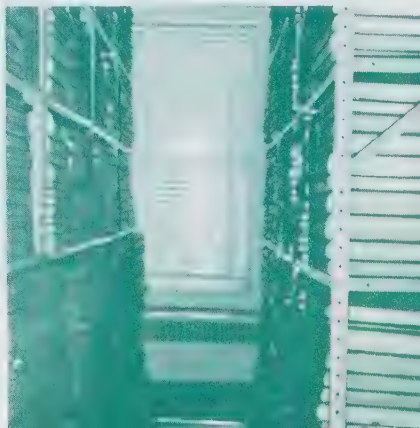


The Two Bookcases in the upper left contain very rare old books from the very beginning of the struggle with the Alcohol Problem. Here also may be found the very special and unique Library of John B. Gouch.

The other pictures on pages Six and Seven show stacks of rare books covering many U.S. Government reports prior to the 18th Amendment.



These photographs show Dr. Harry S. Warner still at his desk at 93 and the National Legislative Committee, Washington, D.C. 1921.







STACKROOMS





During the period 1909 to 1925 the American Issue had an average circulation of over ONE MILLION copies per month. This with other documentary literature would be equivalent to over 41 Million book pages, size 5½" x 7" per month. Copies of all of the



1. Side view of the press
- stock room. 3. Paper cutting
4. Folding department.
- machines. 6. Power plant
8. Plant superintendent's
10. The job department.

1. Contr
- tors off
- Business
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7. Office
8. Sten
- office.
- Advertis



documentary material may be found in files and bookcases of the Alcohol Research Library, open to graduate research students September 1968.

n. 2. Book  
d trimming.  
e linotype  
stock room.  
9. Bindery.



n department. 2. News edi-  
Circulation department. 4.  
ger's office. 5. General man-  
6. Managing editor's office.  
e press bureau department.  
er's room. 9. Bookkeeper's  
st finding department. 11.  
department.



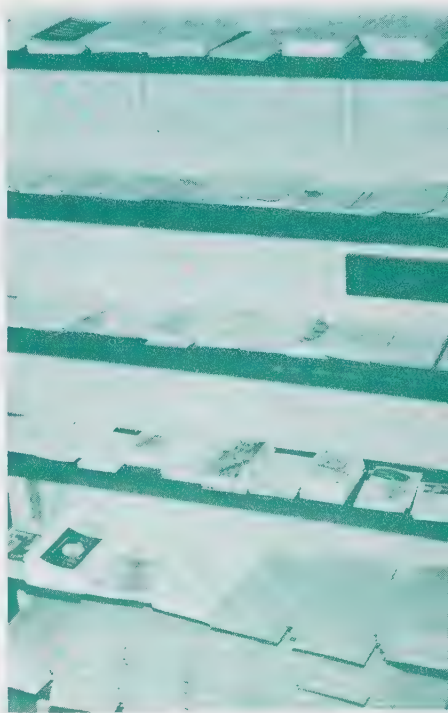
More than 200 employees worked in plant and in these office buildings.







DR. ERNEST H. CHERRINGTON'S OFFICE—Records dating back to 1895 and Year Books from 1908 to 1933. Also many important Reference Books and Encyclopedias from all over the world. Samples of various types of educational materials covering fifty years may be found in files.







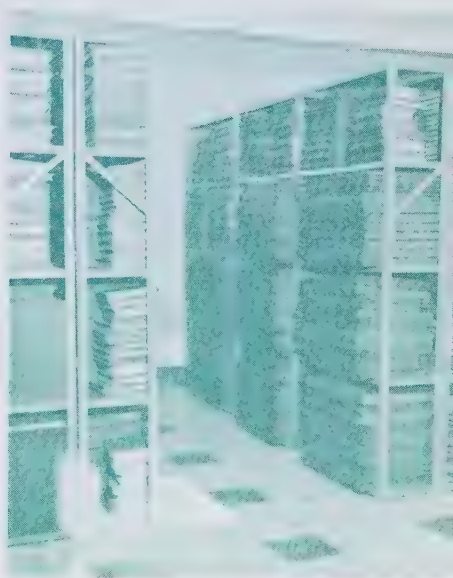
Letter files, newspaper clippings and foreign books in many languages, including Danish, Finnish, Dutch, French, German, Italian, Lithuanian, Norwegian, Swedish, Russian, Polish, Japanese and Chinese.



# MEMORIAL ROOM



Bound Periodicals—American Issue in 44 State Editions, The New Republic, American Patriot, The National Voice, The National



Daily and many Contemporary Periodicals showing both sides of the issues during the last century.



# Facts About The Temperance Education Foundation, Inc.

**A Corporation Not for Profit: incorporated 1934**

**Purpose:** A Foundation exclusively for education on the nature and effects of alcoholic liquors for beverage purposes; the use of such liquors and the problems arising therefrom.

**Membership:** The Board of Trustees and such other class of members as may be provided in the constitution or code of regulations.

**Management and Control:** "The management of the corporation and the control of its property and funds shall be vested in a Board of Trustees, five in number, who shall be elected by the members of the corporation and whose term of office shall be five years."

**Other Provisions:** "The officers of the corporation shall be elected by the Board of Trustees in such numbers and for such terms and in such manner as the By-Laws shall provide. The Board of Trustees may elect not more than 25 persons as an Advisory Council. No officer, member or employee of this corporation shall receive or be lawfully entitled to receive any pecuniary profit from the operation of the corporation other than reasonable compensation for services in furthering its purpose."

**Affiliated Organizations:** The Temperance Education Foundation owns and controls the American Issue Publishing Company at Westerville, Ohio, which for forty years poured from its presses a flood of periodicals, books, and other types of printed matter on all phases of the anti-alcohol movement and the temperance reform by millions of copies. In recent years the Scientific Temperance Federation, formerly of Boston, Mass., has become the **Research Department** of the Foundation. For years the Intercollegiate Association for the Study of the Alcohol Problem has been considered the College and University Associate of the Foundation, and due to world conditions, the Foundation continues the activities of the World League Against Alcoholism in the field of International Relations. All these affiliates are benevolent and non-profit groups.

**Public Schools Demand Material:** To be useful, material for public school use must be of a very high order, to meet the strictest scholastic standards. In the past years we have printed and distributed more than \$70,000 worth of such material annually, including books, booklets, periodicals edited especially for school use, posters, and various types of resource material.

**Wholly Educational:** The work of the Temperance Education Foundation is wholly educational, which type of work is basic to the success of any movement which depends upon the support of intelligent and well-informed public opinion. **"This one thing we do."**

**Contributions to This Work Deductible from Income Tax:** All contributions to the Temperance Education Foundation, Inc., are deductible from Federal Income Tax Returns.

**The Temperance Education Foundation, Inc.:**

**Officers: President and Statutory Agent, Edward H. Dailey.**

**Secretary-Treasurer, Atty. Paul L. Selby.**

**Offices: 110 South State Street, Westerville, Ohio 43081.**



## NARCOTIC EDUCATION SERIES

### BIBLIOGRAPHY ON BEVERAGE ALCOHOL AND PRICE LIST

**ALCOHOL EDUCATION FOR THE PRIMARY GRADES**, Howard E. Hamlin. — A pamphlet by a noted educator; contains the author's experience of eleven years with children of the primary grades; tested lesson plans; illustrated. Paper; 24 pages; single copy, 15 cents.

**ALCOHOL STUDIES FOR STUDENT DRIVERS**, containing articles by Dr. H. W. Haggard and Dr. E. M. Jellinek; Haven Emerson, M.D.; A. C. Ivy, M.D., Ph.D., S.Sc.; and Dr. George A. Little. — Material for driver education courses; especially useful in high schools; excellent for distribution by automobile clubs and safety committees. Paper; 16 pages; single copy, 10 cents; 12 copies for \$1.00.

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# SCIENTIFIC

Temperance



Journal



Volume 76

September, 1968

No. 2

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## YOU CAN SAY *No, Thank You'*



"Let no one despise your youth, but set an example  
in speech and conduct, in love, in faith, in purity."

\*\*\*\*\*

See Page 6

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.  
EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 76

September, 1968

No. 2

## Alcohol Education Resources:

**Books, Pamphlets, Films.**

### *Information Bulletin*

FACTS ABOUT THE PROBLEMS OF ALCOHOL

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# THE TRIPLE THREAT

---

*Alcohol — Tobacco — Dope*

**FREE                  FREE                  FREE**

**40 COPIES FREE TO ANY SCHOOL LIBRARY**

We are now prepared to offer any school librarian 40 free copies of this timely 32-page booklet — a late printing, illustrated, and with durable cover. For group or class use, this booklet — brief, clear, and forceful — is ideal for junior or senior high schools.

LIMIT AND TERMS. We send you 40 copies of **The Triple Threat** free if you will send us \$1.00 (one dollar only) to cover cost of postage and packing. We reserve the right to limit this offer to one set of forty books for any one library.

See the following two pages for FOREWORD and CONTENTS.

Scientific Temperance Federation  
WESTERVILLE

OHIO



# IN EXPLANATION

To School Administrators, Teachers,  
and Other Group Leaders

We publish THE TRIPLE THREAT with confidence in its ability to assist your young people in the vital fields discussed.

And we ask you to note some of the features that we believe will enable this booklet to win friends. Let us enumerate.

1. If "brevity is the soul of wit," it may also be a desirable quality in the learning process. We think it is, especially when prompt action is demanded in these areas—**now**.
2. Our author makes no pretense of "covering the field." He knows your students have access to textbooks and magazines that tell in great detail the story of alcohol, tobacco, and dope. He also knows that today's youngsters already know many of these details. In THE TRIPLE THREAT, our author tells young people to "think for yourselves."
3. This booklet frankly admits that adults have "fumbled the ball" in handling alcohol, tobacco, and dope and it reminds youngsters on almost every page that they can do better.
4. **Persuasive.** These few pages are hopefully persuasive rather than pedantic. The author seeks positive action from the reader.
5. **Illustrations.** These drawings are unusual and will reward repeated study. They may be interpreted differently by various readers. We think your young people will find in each drawing a satisfactory interpretation for himself.
6. **Inexpensive.** THE TRIPLE THREAT should be distributed widely to youth groups from junior high on up. We are therefore prepared to quote surprisingly low prices by the hundred or by the thousand.
7. **Appendix.** At the end of the discussion, we reserve a little space for something special. This may vary with each printing.

THE PUBLISHERS

Single Copy—30c each postpaid; 12 or more copies—25c each postpaid; 100 or more copies—20c each postpaid; 1000 or more copies—15c each postpaid.

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## TREMENDOUS PRESSURE BEING PUT UPON YOUNG PEOPLE TO DRINK

Tremendous pressure is being put upon young people today to accept the use of alcoholic beverages in a social way as a necessary part of modern living. Millions of dollars are being poured out for publicity through newspapers, billboards, magazines, radio, television, the movies — all setting forth, insidiously, with diabolical cleverness, the idea that it is “smart” to drink, that it is “the thing” to do, that “men of distinction” could never make their way to the top without social drinking, that “beer belongs,” that, in short, alcoholic beverages are an essential part of our American way of life.

It is natural for young people to want to be popular. It is a natural tendency to go along with the crowd, to do what others are doing and think what they are thinking. If the standards of the group are right, then this is all right. But when an inner small voice says “Don’t do that! It’s wrong,” then it is time to turn away from the urgings of the group and stand up for what we know in our own hearts is right and fine.

### DON’T SACRIFICE PRINCIPLE FOR POPULARITY

In school, in college, in social life, in politics, in business, and in everything else, the person who follows a leader and does things with which his own conscience does not agree, is taking the first step, **not** toward success but toward being held in contempt even by those whom he follows. The crowd admires leaders who know where they are going, who stand for right and principle, and even the crowd looks with contempt on those who follow along like sheep because they haven’t enough backbone to take a stand. The person who says “No” because of principle will never lose the confidence of his friends.

### GREAT MEN NEVER HESITATE TO TAKE A FIRM STAND FOR PRINCIPLE

We admire George Washington and Abraham Lincoln because they had high ideals and after they had carefully mapped out their course of action they let **nothing** prevent them from carrying it out. No opposition, no jeers, no ridicule, no armed force, could overcome them. America today needs desperately, millions of strong, brave, conscientious young people who will live for high ideals and Christian principles.

### GREAT ABSTAINERS OF TODAY

Henry Ford was a lifelong abstainer.

Thomas A. Edison said: “I do not drink alcoholic liquors. I have a better use for my head. To put alcohol into the human brain is like putting sand into the bearings of an engine.”

Luther Burbank, the Plant Wizard, never would employ any one who either drank or smoked, because, as he said, the slightest

use of alcohol or tobacco would dull the sensitive touch which was needed for one who worked with flowers and plants.

Roger Babson, the international authority on statistics and economics, was a total abstainer.

Dr. Andrew C. Ivy, Vice-President of the University of Illinois, known as the discoverer of two hormones, recently stated: "I'm notorious as being a 'teetotaler' in all circles with which I come into contact."

"I've never taken a cocktail. I learned a long time ago that the easiest way to do it is to smile and say, 'No, I'm a teetotaler. I'm an abstainer. I don't believe in it,'

"We try to prevent the production of alcoholics by practicing total abstinence. When society does produce alcoholics, we come forward to try to take care of them and to cure them.

"When it comes to things that lead to real evil we must have the courage of our convictions. We have to manifest courage in any situation where we have to win the fight. On the battlefield we have to manifest courage. This is a battlefield. The battle is with alcohol and the misery it produces. We have to manifest courage in regard to that."

The great Christian business man, J. C. Penney, head of the stores which bear his name, is an abstainer. "Hereafter, I am afraid it will have to be plain water or tomato juice for me."

Mr. Fred Wilcutt, Senior Engineer of the Washington Potomac Electric Power Co., a Marine, said:

"I've attended parties with a lot of brass. They offered me drinks and I just said, 'No, thanks, I'll take a coke if you have one. If you don't, water will be all right.'"

"I haven't had any trouble. And I've yet to have my first drink."

Dr. Richard Kennan, Director Defense Committee, National Education Association says: "I don't find any problem in refusing a drink. My work deals with laymen as well as with educators and there is a good deal more liquor served than I like to see.

"But I don't find any problem because I've always said when I'm offered a drink. 'No, thanks, I'm too thirsty for that, I'd rather have a good, tall glass of water if you have it handy,' and usually they have. And more and more frequently I find folks say, 'We've got water all right, but how about a coke or some fruit juice?' They seem to like it when you take that attitude. They seem to have more respect for you and the work that you are doing if you take that point of view."

**FOR YOUR OWN SAKE AND FOR THE FUTURE OF  
OUR NATION, SAY "NO" TO ALL THAT IS HARMFUL.  
YOU CAN SAY "NO, THANK YOU."**

\* \* \* \*

**Temperance Education Foundation, Inc.  
Westerville, Ohio**





Mrs. Edrel Coleman and Brig. Gen. George M. Jones

# 'Help Educate About Drugs, Al

"A strike in on, a strike is on, we'll fight till we win the fight to help little Dan," sang the children of the sixth grade classes at the Chena school as they celebrated organization day of the "HELP DAN" Club.

"HELP DAN" explained Mrs. Edrel Coleman, sixth grade teacher who originated the idea, "stands for 'Help Educate Little People about Drugs, Alcohol, Narcotics'."

She described the idea of originating "HELP DAN" this way. "We see, we read, and we hear so very much about the harmful effects of drugs being taken by our youth in high school and college.

"I believe if we begin with children in elementary school, educating them about the dangers of these drugs, they will be better prepared to handle the temptations and pressures put on them by their peers.

"Children in elementary school are receptive and not rebellious yet.

"We are not trying to take away any freedom or force any decisions on them. They will have to make their final decisions when they are faced with the problem. We're hoping and believe that through this kind of education, most of our children will be strong enough to refrain from indulging in these

dangers. influence on

Opening t program in auditorium skit title Stamped, children, de representi narcotics, performed a other on l curb the use

Following presiden introduced including B Jones, de general, U General Jon



encircled by members of the "HELP DAN" club.

# Little People ohol, Narcotics

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Chena School  
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Army, Alaska.  
id that in spite

of all the scientific innovations  
in nuclear power and space  
travel, the greatest place for  
opportunity is in social  
development. He also said that  
he quit smoking in 1950 and  
feels sure he is healthier now  
than he would have been, had he  
continued to smoke.

Other guests supporting the  
program were Gerald Ivey,  
Chena School principal, Maj.  
Victor S. Coleman, a Ft.  
Wainwright Chaplain, and  
School Superintendent W. P.  
Gipson. Also on hand was the  
head of the Criminal  
Investigation Division at Ft.  
Wainwright. He complimented  
Mrs. Coleman and the "HELP

DAN" club on their "fine and  
well directed effort."

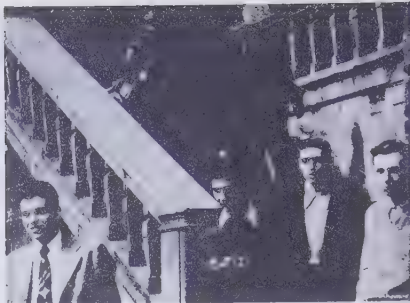
Following the short speeches  
were two movies provided by  
the American Cancer Society.  
The first, a color animated  
cartoon titled "The Huffless and  
Puffless Dragon," pointed out  
the dangers of smoking. The  
second film, "Smoking and  
You," gave a graphic illustration  
of what cigarette smoke contains  
and how it can destroy lung  
tissue.

Mrs. Coleman, who has been  
teaching for 15 years and has  
taught in six states and two  
countries, hopes to expand the  
"HELP DAN" club.

# THE CHOICE IS YOURS

BY HAVEN EMERSON, M.D.

(Former Professor of Public Health Administration, Columbia University; Director of Health and Hospital Surveys in various cities; former President, American Public Health Association; and author of "Alcohol and Man.")



What I have to say may help you to make a wise decision. Alcohol, offered as it is so often in ways to tempt the curiosity and imitative inclinations of youth, calls for decisions that you yourselves will make, and at a time of life when the most of you are quite generally uninformed as to the true effect of the substance upon your minds and bodies, or upon your conduct whether at work or at play.

## **Illusory Effects of Alcohol**

When you choose to swallow alcohol, whether in low percentages in beer or in higher percentages in wines, distilled liquors or liqueurs, a lot of surprising things occur in the person who does the drinking, that he finds it hard to explain or understand. First of all, you feel a change, a sense of warmth, a vagueness in your contact with others, a remoteness that makes you rather irresponsible. You talk more, your voice rises, you feel elated and think you are stimulated, while as a matter of fact your self-control and judgment are at once depressed. You no longer can trust your own or other people's conduct.

You've been told that you will be stimulated by beer, wine or whisky. You are surprised to find that anything you do you do poorly. Your clumsiness of hand or tongue does not distress you because your wits are too dulled by alcohol to observe and reason clearly.

You've been told that beer is nourishing, like a glass of milk, a cup of broth or potatoes. It is a surprise to find you still feel hungry and remain quite unsatisfied by the drinks you have taken, quite necessarily so because alcohol is in no proper sense a food.

It will surprise you when your companion who decided not to drink tells you of the awkward, vulgar, coarse and impolite things you did in the thoughtlessness of your drinking, and you do not know why or how you behaved in ways so contrary to your upbringing, your decent inclinations, your rational normal habits.

When an alcoholic drink is offered, why do you take it? Probably because of curiosity and the example of others, or just because you don't quite know how or why to say, "No, thank you!"

## **A Foreign, Harmful Substance**

Perhaps of first importance is the fact that alcohol is not a normal ingredient of any healthy human body tissue or fluid and is incapable of being combined or incorporated or stored for use in any part or organ of the body. It is not needed for perfect growth or development of our bodies or any of their functions at any age in health. It is handled by our bodies as a foreign and harmful substance. Alcohol in so-called moderate, or in large amounts, does not benefit the structures of the body nor the work that the body or mind does.



The chief reason for this failure to benefit the body is because the most important effect of alcohol is to depress, slow down, delay and render incompetent or definitely inferior the cells of the brain. This depressant action of alcohol is invariable. It does not stimulate or improve anything we undertake to do.

The earliest effect, almost always unnoticed by the person who has drunk the alcohol, is a loss of judgment, of self-control, of discretion, of responsibility. It is this effect that makes the person with even small amounts of alcohol in his blood quite incapable of judging his own performance or ability. He thinks he is saying smart things, but does not see how silly he appears. He thinks he is witty, agreeable, skillful in the dance, or at some game or when driving a car. He often thinks and acts as if he were a stronger, more courageous, daring fellow with word and deed than his companions, when as a matter of fact he is more clumsy, awkward, unskillful and with a use of language he would be ashamed of if his wits and judgment were not muddled.

### **Small Doses Are Mischievous**

It is not the fault of the eye that he sees a blurred or double image, or of his muscles that his fingers fumble with his coat buttons, or his knees feel weak and wobbly. These common later effects of several cocktails or a bottle or two of beer are all of them the results of the depressing effects on the brain and spinal cord which can no longer make the muscles work together and perform their duties.

Alcohol, even in small amounts, slows our reaction time from five to ten per cent, so that our eyes and hands do not work together, nor does the body respond with the usual speed and accuracy to a warning of touch or sound or sight. Whether at work or play we become less efficient after drinking alcohol. Remember, I am not describing the severe or late effects as seen in a drunkard or person obviously intoxicated, but merely the mild, early and temporary changes in mental and bodily performance in quite healthy young men and women, high school boys and girls, when they take alcohol.

Such effects are more marked and quicker to appear when the alcohol has been taken when the stomach has no food in it, and the effects in proportion to the amount taken are greater the less the body weight and the more immature and unstable the character and personality of the drinker. These are simple truths supported and vouched for by the medical sciences and so taught in all our schools of medicine today.

### **The Choice is Yours**

You are to choose whether what you drink and swallow helps you to keep and develop your health, or steals away your capacity to think quickly and reason clearly, and makes your behavior unreliable. For those too unstable or weak, or with such a sense of inferiority that they think they need something to support their self-respect, alcohol proves to be a weak and deceptive crutch, a depressant not a stimulant, something apt to betray them into weakness and shame when they want to appear their best.

Keep your eyes and ears open when you find yourself where alcohol is used by young people and tell me if I have overstated the truth. Trust your own unclouded minds rather than the unreliable emotions roused by the drug effects of alcohol.





**Lindsay R. Curtis, M.D.**, is Assistant Clinical Professor of Obstetrics and Gynecology at the University of Utah College of Medicine. After receiving his M. D. degree from the University of Colorado in 1942 he served as a Captain in the Army Medical Corps. Active in various professional groups he is now past-president of the Utah Gynecological and Obstetrical Society and of the Ogden Surgical Society. He is a diplomat of the American Board of

Obstetrics and Gynecology, and fellow of the American College of Obstetrics and Gynecology. He has served as an alternate member of the Utah Board of Pardons.

Dr. Curtis is a nationally-known author of many best-selling Christian-oriented books for younger people as well as numerous drug-alcohol cartooned booklets for young people. In addition, he has written numerous medical booklets for the Navy Department as well as several pharmaceutical firms.

Dr. Curtis is well-qualified to discuss "Creative Alcohol Education". His booklet, "Alcohol: Fun or Folly" is perhaps the most widely read of all his writings. Although lavishly illustrated with cartoon-type drawings, it is made to appeal to youth and adults alike. Some important statements from "Alcohol: Fun or Folly" are these:

"Because ALCOHOLISM has increased so rapidly that it now ranks fourth in the United States as a leading health problem. Only mental illness, heart disease and cancer are more common."

At what age do most of the chronic alcoholics begin drinking? About 70% of them begin drinking as teenagers. Dr. Frederick Hudson, director of an alcoholic clinic in San Francisco has "patients as young as 11 years and other teenagers who are completely addicted to alcohol. These young people see drinking as a NATURAL way of life AMONG THEIR PARENTS who are prosperous enough to indulge in it at will. About 50% of alcoholics die before the age of 51. Only 71/2% live to be 70 years of age. The average life expectancy for them is 12 years less than for non-drinkers.

Is an alcoholic ever cured? Not really. If he ever feels he is cured, this is a danger sign and often an indication that he is about to "slip" again. Only 50% of those who quit are able to "stay on the wagon" for five years or more.

How do most young adults get started drinking? "Most high school students who use liquor—got their

first drink in THEIR OWN HOMES FROM THEIR OWN PARENTS who also drink regularly and teach their children to do likewise," according to the 1963 White House Conference on Children and Youth. Moreover, one survey showed that:

**DRINKING PARENTS have DRINKING CHILDREN.**

**ABSTAINING PARENTS are likely to have ABSTAINING CHILDREN.**

**CHILDREN tend to reflect the PATTERN of the home from which they come.**

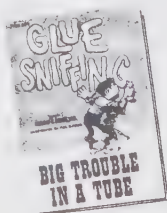
Should we teach our children how to drink 'properly'? (As advocated by some) Before answering, consider the following facts:

- About 10% to 15% of all drinkers, including "proper" social drinkers will become chronic, habituated alcoholics.
- There is no way to predict who will become an alcoholic.
- The only sure way for these unfortunate individuals to avoid becoming alcoholics is to avoid taking the first drink.
- Can we then, risk the possibility of additional alcoholics while trying to "teach" everyone to drink properly?

What about people who say: "I am used to liquor," or "I can hold my liquor!" or, "I Drink, but I never get drunk"? 95% of **EVEN HEAVY DRINKERS** suffer impairment of judgment when the blood alcohol level reaches .15%. Most others would be **CONSPICUOUSLY DRUNK** at this level. Some might even **PASS OUT!** Most people **PASS OUT** when the blood alcohol level reaches .30%. Tolerance for liquor may vary, but no one is immune to intoxication...if he consumes enough alcohol.

Is alcohol responsible for crime? Estimates vary, but from 16% to 75% of crimes are directly attributable to alcohol. Obviously there is a lack of standards for determining this accurately. However, using the lowest figure of 16%, this would mean that more than 749,612 crimes in 1964 were due to alcohol and its effects.

These samples of the factual material, skillfully presented, show Dr. Curtis' ability to do creative alcohol education.

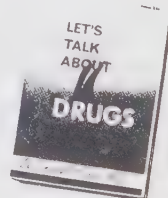


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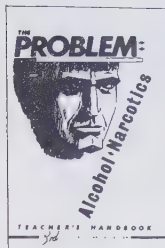
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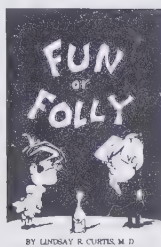
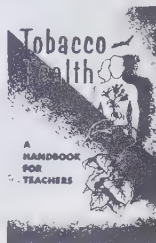


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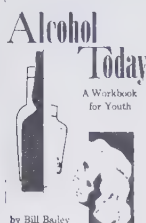
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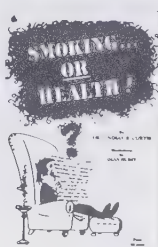
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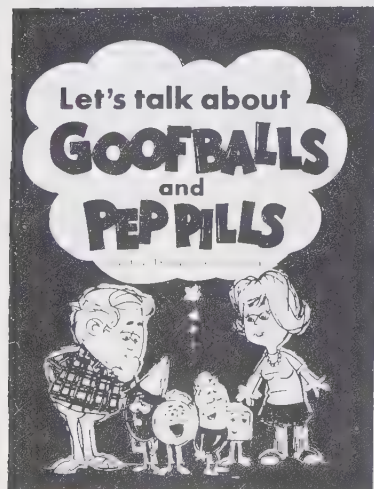
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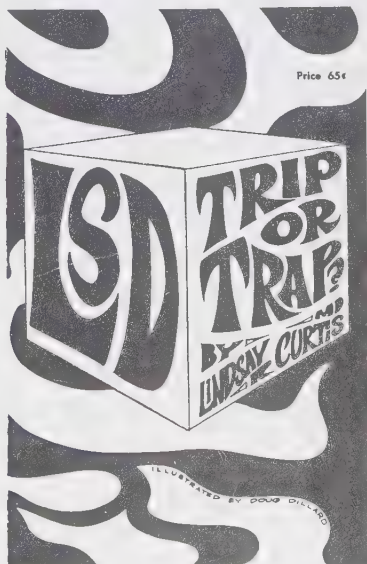
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- GUARD YOUR GREY CELLS**, Dr. George A. Little. — The amazing story science tells of what beverage alcohol does to the human brain. Paper; 32 pages; single copy, 5 cents; 25 copies for \$1.00.
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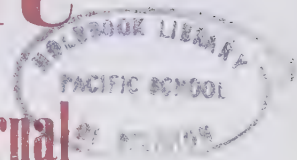
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# SCIENTIFIC

Temperance



Journal



Volume 76

October, 1968

No. 3



See Page 3

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# SCIENTIFIC TEMPERANCE JOURNAL

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Volume 76

October, 1968

No. 3

## THE TRIPLE THREAT

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# Great Moments in Medicine

**RUSH BENJAMIN:** American physician, patriot, and medical temperance pioneer; born in Byberry Township, near Philadelphia, Pa., Dec. 24, 1745; died in Philadelphia April 19, 1813. After graduating from Princeton College, New Jersey (1760), he studied medicine in Philadelphia and Edinburgh and obtained hospital experience in London and Paris. In the last-named city he enjoyed the friendship of Benjamin Franklin, who advanced him money wherewith to pay his expenses.

Rush was appointed professor of chemistry in Philadelphia Medical College in 1769, and he served in that capacity until the institution was consolidated with the University of Pennsylvania.

In 1776 he married Julia Stockton; in April, 1777, he was appointed surgeon-general of the Middle Department of the Continental Army; and in July following he became physician-general of the Army. The following year he resigned, on account of some irregularities in connection with hospital stores, and resumed his professorship and private practise. He declined all compensation offered him for his services to his country.

For 29 years Rush was a surgeon in Pennsylvania Hospital, and from 1790 to 1793 he was port physician of Philadelphia. He was one of the founders of Dickinson College, Philadelphia Dispensary, and the College of Physicians. From 1799 till his death he was treasurer of the United States Mint at Philadelphia. He was also president of the Philadelphia Medical Society, a founder and vice-president of the Philadelphia Bible Society, and he advocated the use of the Holy Scriptures as a textbook in the public schools. He was the author of a number of books and pamphlets on medical, literary, and philosophical subjects.

Rush was a member of the Continental Congress and one of the signers of the Declaration of Independence. He helped organize the first Anti-slavery society in America (1774), and was its secretary for many years.

Rush developed a highly successful medical practise, and for years was recognized as the leading physician of Philadelphia, if not of America. During the Philadelphia yellow-fever epidemic (1793), several thousand lives were saved by his services, which were gratefully acknowledged by several European rulers. Like his friend Benjamin Franklin, he was abstemious in his personal habits.

The temperance cause owes much to Benjamin Rush. In 1777, when surgeon-general of the Army for the Middle Department, he published a pamphlet entitled "Directions for Preserving the Health of Soldiers in the American Army Engaged in the War of the Revolution," in which he strongly deprecated the use of alcohol. In 1785 he published "An Inquiry into the Effects of Ardent Spirits Upon the Human Mind and Body," the effect of which was far-reaching. This has been described as the first "extended, weighty, and well-sustained argument of practical character against the use of strong drink." "The Cyclopaedia of Temperance and Prohibition" (New York, 1891), in its article on Rush, says:

"True, Dr Rush did not create an organized following, and the results of his work, if judged by responsive public manifestations, seem to have been meagre in his day. Yet his pamphlet, read by most of the thoughtful Americans of the time, had a convincing effect upon many minds, and did much to raise up special ad-

vocates of reform and to establish the general sentiment that began to take shape soon after the opening of the 19th Century. In England the *Gentleman's Magazine* reprinted it in 1786, and Dr. Rush made special efforts to extend its circulation, presenting copies to religious and other organizations. The value and influence of this essay are considered so important by the temperance people of the present day that a Centennial Temperance Conference was held in Philadelphia in 1885 to commemorate the one hundredth year since its publication.

The Editors of the STANDARD ENCYCLOPEDIA have endeavored to locate a copy of the first edition of Rush's essay, but without success. Neither of the libraries in his home town, Philadelphia, possesses one. Col. P. M. Ashburn, Librarian of the Army Medical Library, Washington, D. C., states that "In the volume of notes made by Sam'l.



BENJAMIN RUSH

Poultney taken from a course of lectures on the practice of physic delivered by B. Rush appearing under date of 1786," there is inserted a copy of Dr. Rush's essay. This may be an issue of the first edition. The title is:

An Enquiry into the Effects of Spirituous Liquors upon the Human Body, and Their Influence upon the Happiness of Society.

Dr. Daniel Dorchester, in "The Liquor Problem in All Ages" (New York, 1884), holds that there is one name that towers above all others, and to whom the organized [temperance] movements of the later dates may be distinctly traced.

It is but just to the memory of a great and good man, a man of superior scientific attainments, of patient, philosophic research, of rare progressive spirit, a zealous reformer, and a devout Christian, to say that this movement is indebted for its origin to Dr. Benjamin Rush, of Philadelphia.

Rush's pamphlet attacked distilled spirits only, and against them he spoke in no uncertain terms. Describing their pernicious effects upon their victim, he says:

In folly it causes him to resemble a calf; in stupidity, an ass; in roaring, a mad bull; in quarreling and fighting, a dog; in cruelty, a tiger; in feter, a skunk; in filthiness, a hog; and in obscenity, a he-goat.

—Standard Encyclopedia of The Alcohol Problem





**Lindsay R. Curtis, M.D.**, is Assistant Clinical Professor of Obstetrics and Gynecology at the University of Utah College of Medicine. After receiving his M. D. degree from the University of Colorado in 1942 he served as a Captain in the Army Medical Corps. Active in various professional groups he is now past-president of the Utah Gynecological and Obstetrical Society and of the Ogden Surgical Society. He is a diplomat of the American Board of

Obstetrics and Gynecology, and fellow of the American College of Obstetrics and Gynecology. He has served as an alternate member of the Utah Board of Pardoners.

Dr. Curtis is a nationally-known author of many best-selling Christian-oriented books for younger people as well as numerous drug-alcohol cartooned booklets for young people. In addition, he has written numerous medical booklets for the Navy Department as well as several pharmaceutical firms.

Dr. Curtis is well-qualified to discuss "Creative Alcohol Education". His booklet, "Alcohol: Fun or Folly" is perhaps the most widely read of all his writings. Although lavishly illustrated with cartoon-type drawings, it is made to appeal to youth and adults alike. Some important statements from "Alcohol: Fun or Folly" are these:

"Because ALCOHOLISM has increased so rapidly that it now ranks fourth in the United States as a leading health problem. Only mental illness, heart disease and cancer are more common."

At what age do most of the chronic alcoholics begin drinking? About 70% of them begin drinking as teenagers. Dr. Frederick Hudson, director of an alcoholic clinic in San Francisco has "patients as young as 11 years and other teenagers who are completely addicted to alcohol. These young people see drinking as a

NATURAL way of life AMONG THEIR PARENTS who are prosperous enough to indulge in it at will. About 50% of alcoholics die before the age of 51. Only 71/2% live to be 70 years of age. The average life expectancy for them is 12 years less than for non-drinkers.

Is an alcoholic ever cured? Not really. If he ever feels he is cured, this is a danger sign and often an indication that he is about to "slip" again. Only 50% of those who quit are able to "stay on the wagon" for five years or more.

How do most young adults get started drinking? "Most high school students who use liquor—got their

first drink in THEIR OWN HOMES FROM THEIR OWN PARENTS who also drink regularly and teach their children to do likewise," according to the 1963 White House Conference on Children and Youth.

Moreover, one survey showed that:

**DRINKING PARENTS have DRINKING CHILDREN.**

**ABSTAINING PARENTS are likely to have ABSTAINING CHILDREN.**

**CHILDREN tend to reflect the PATTERN of the home from which they come.**

Should we teach our children how to drink "properly"? (As advocated by some) Before answering, consider the following facts:

- About 10% to 15% of all drinkers, including "proper" social drinkers will become chronic, habituated alcoholics.
- There is no way to predict who will become an alcoholic.
- The only sure way for these unfortunate individuals to avoid becoming alcoholics is to avoid taking the first drink.
- Can we then, risk the possibility of additional alcoholics while trying to "teach" everyone to drink properly?

What about people who say: "I am used to liquor," or "I can hold my liquor!" or, "I Drink, but I never get drunk"? 95% of **EVEN HEAVY DRINKERS** suffer impairment of judgment when the blood alcohol level reaches .15%. Most others would be **CONSPICUOUSLY DRUNK** at this level. Some might even **PASS OUT!** Most people **PASS OUT** when the blood alcohol level reaches .30%. Tolerance for liquor may vary, but no one is immune to intoxication...if he consumes enough alcohol.

Is alcohol responsible for crime? Estimates vary, but from 16% to 75% of crimes are directly attributable to alcohol. Obviously there is a lack of standards for determining this accurately. However, using the lowest figure of 16%, this would mean that more than 749,612 crimes in 1964 were due to alcohol and its effects.

These samples of the factual material, skillfully presented, show Dr. Curtis' ability to do creative alcohol education.



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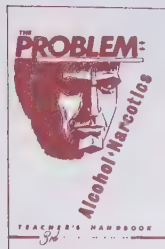
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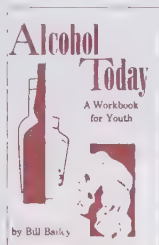
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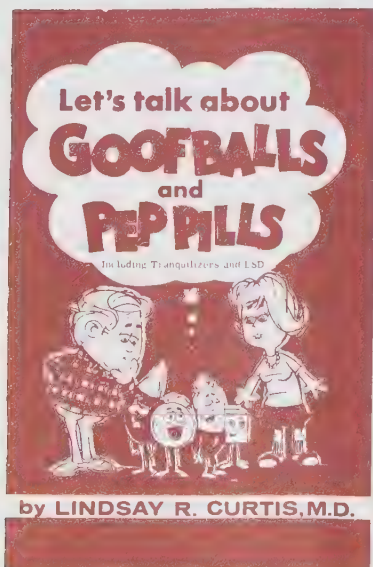
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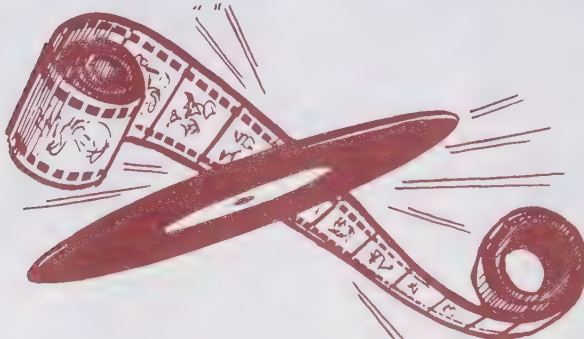
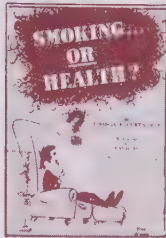
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**ALCOHOL STUDIES FOR STUDENT DRIVERS**, containing articles by Dr. H. W. Haggard and Dr. E. M. Jellinek; Haven Emerson, M.D.; A. C. Ivy, M.D., Ph.D., S.Sc.; and Dr. George A. Little. — Material for driver education courses; especially useful in high schools; excellent for distribution by automobile clubs and safety committees. Paper; 16 pages; single copy, 10 cents; 12 copies for \$1.00.

**ALCOHOLIC RELEASE AND PUBLIC SAFETY**, Harry S. Warner, L.H.D. — A study in the "new understanding" series; discusses alcohol and the machine age. Paper; 16 pages; single copy, 20 cents.

**BASIC FACTS ABOUT ALCOHOL** — Gives facts and figures from government statistics, health data, scientific papers, tests and surveys. Reports the cost and effect of alcohol on health, social problems, traffic and crime. Paper; 16 pages; single copy, 10 cents; 12 for \$1.00; \$7.50 per 100; \$50.00 per 1,000.

**CUP OF FURY (THE)**, Upton Sinclair. — Intimate, personal, revealing, true stories of many men and women in the American literary world whose careers were tragically cut short by "moderate drinking" which became uncontrollable alcoholism; written by Pulitzer prize winning, world renowned author. Cloth; 190 pages; single copy, \$3.00.

#### DISCUSSION GROUP DATA

—It Is the Brain That Counts, by George A. Little.

—What Men of Science Know About Alcohol, by Dr. Haven Emerson.

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A booklet for use by discussion groups in Youth Camps, Colleges, High Schools, Y.M.C.A. and Y.W.C.A. meetings, Sunday School Classes and other Church groups. Paper; 16 pages; single copy 10 cents; \$7.50 per 100; 5 cents in lots of 1,000 or more.

**ETHYL IS NOT A LADY**, Dr. Clifford Earle. — Vestpocket-size booklet; cleverly illustrated; very effective for boys and girls; widely distributed to high school students. Paper; 16 pages; single copy, 10 cents; \$3.50 per 100; \$25.00 per 1,000.

**GUARD YOUR GREY CELLS**, Dr. George A. Little. — The amazing story science tells of what beverage alcohol does to the human brain. Paper; 32 pages; single copy, 5 cents; 25 copies for \$1.00.

**LIQUOR CULT AND ITS CULTURE (THE)**, Harry S. Warner, L.H.D. — A popular study of the overlooked sources of the alcohol problems of today; administrators. — A guide for elementary teachers. Paper; 64 pages; single copy, \$1.50.

**POSTER, "GIVE YOURSELF A FAIR BREAK"** — Pictures and statements of famous athletes and coaches; excellent for school displays; measures 11" x 8½". Price: single copy, 5 cents.

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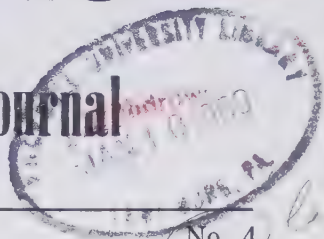
# SCIENTIFIC

## Temperance



## Journal

LEVEL ONE



Volume 76

December, 1968

No. 4

# WHAT ALCOHOL DOES

- "Alcohol constitutes the country's largest mental-health problem. Nothing looms as large on the horizon."  
— Dr. Karl Manning, Manning Clinic, Toledo

- "Alcohol stands in the front rank as a cause of insanity. There is more danger to the nervous system from constant 'nipping' than from bouts of drunkenness."  
— Sir Maurice Craig, London, PROGRESS, July, 1961

- Alcohol affects a person's ability to distinguish one color from another.  
— Today's Health Magazine, American Medical Assoc., Feb., 1963

- "The effects of alcohol are almost entirely, if not wholly, to be explained by its toxic damage to the central nervous system, the brain and the spinal cord."  
— Dr. Haven Emerson, teacher, College of Physicians & Surgeons, Cornell Univ., Columbia Univ. & Univ. of Minn.

- "Dr. Paul Dudley White, who treated Pres. Eisenhower, advises against the use of alcohol by heart patients 'because of the fattening effect on the heart.'  
— Popular Medicine, July, 1961

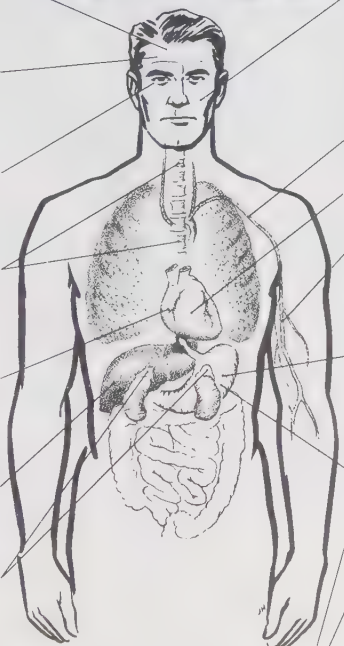
- "Strong solutions (more than 7 per cent alcohol) result in actual necrosis, or death of the liver cells, which are replaced by scar tissue."  
— Leonard C. Williams, M.D., Member American Society of Surgeons

- "Alcohol is the No. 1 enemy of adrenals."  
— Charles W. Lee (former alcoholic) quoting his doctor in LISTEN, Bi-Monthly Journal

- "Alcohol almost inevitably wrecks the total machinery of the body if long continued."  
— Pharmacology in Medicine by Dr. Victor A. Drill

- "Alcohol in the system... lessens the normal resistance to the infection (influenza and subsequent pneumonia)"  
— Dr. Albion Ray King writing on Alcohol in Medicine

- "Alcohol benefits no one medically or scientifically... unborn babies of alcoholic mothers receive some damage"  
— Lester Keyser, M.D., Director, So. Meth. Univ. Medical Center



The Entire Human System

- "There are more compelling reasons for avoiding excessive drinking, but it does damage the skin by dilating the blood vessels, thus reddening the skin. Excessive drinking also creates favorable conditions for the growth of bacteria in the skin."  
— Dr. Leo Orris, Mademoiselle, April, 1961

- Three ounces of whiskey will increase the cholesterol in the drinker's blood, four Minnesota researchers have reported (Drs. Francisco Grande, Lyle J. Hay, H. William Heupel and Donald S. Amatusis of Mt. Sinai Hospital & Univ. of Minn. in Minneapolis). Cholesterol is a fatty substance many physicians have linked with artery disease, heart attacks, and strokes. — ALERT, Jan-Mar., 1961

- "When a person is relaxed with alcohol, the normal tone of blood vessels is lost."  
— Theodore R. Flax, M.D., Author and Counselor

- "Alcohol in whatever amount of strength cannot properly be described as a digestant, a gastric tonic, or a stimulant to digestion. Beers in small amounts have no definite effect on the digestive ferments, but have in the main the same effects as red wines and sherry in retarding digestion."  
— Dr. Haven Emerson, Famous Physician and Surgeon

- "Liquor actually sears the lining of the stomach."  
— Theodore R. Flax, M.D., Author and Counselor

- "Alcohol is an extremely dangerous poison for the human organism."  
— Dr. Jan Rutkiewicz of the Polish Ministry of Health

- "Another effect of persistent moderate drinking is obesity." — Dr. R. G. Bell, Alcoholism Research, Toronto, Canada

- "Alcohol does not relieve fatigue or shock. It does increase the possibility of error and poisoning."  
— Leonard C. Williams, M.D. noted physician and surgeon

- "On the average, drinking reduces life expectancy four to six years."  
— Dr. Hunter, New York Life Insurance Company

- With the Mayo brothers, I believe beverage alcohol has no place in medicine, nor in the life of anyone to use as a beverage."  
— Dr. Geo. D. Haggard, famed Minnesota Physician

- "Alcohol is the cause of acute and chronic alcoholism, because, unless alcohol gets inside a person's body, the disease is not contracted."  
— Dr. A. C. Ivy, Ph.D., M.D., D.Sc., LL.D., F.A.C.P.

# SCIENTIFIC TEMPERANCE JOURNAL

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No. 4

## THE TRIPLE THREAT

*Alcohol — Tobacco — Dope*

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# MEDICINE LOOKS AT ALCOHOL

By HAVEN EMERSON, M.D.

(Former Professor of Public Health Administration Columbia University; Director of Health and Hospital Surveys in various cities; former President, American Public Health Association; and author of "Alcohol and Man.")

Today's laboratory and hospital teach what the market-place and Congress will talk of tomorrow. Little question that in our social doings we trail at a distance the swift advance of the chemist's discovery, the biologist's proof and the assembled trends of statistical evidence.

In 1883 Schmiedeberg, the pharmacologist, first taught that alcohol, dear to man as a "stimulant" and fascinating in the psychological alibis it creates, is a depressant and selects for special effect the higher qualities of man's mind and spirit. Since then evolution and revolution have run almost parallel in a process of adjustment, first of medical thought and far later in social practice. Then came King Gasoline and the stepping up of speed and power on the highways of the world.

These two major facts, even more than the metamorphosis from rugged individualism, often really a form of infantilism to responsible social action, demand a wholesome revision of the teaching handed out to our school children about the horrors of alcohol. It seemed therefore a sort of obligation to medical-school and university teachers to set down such of their convictions as were borne out by critical proof, quite apart from their social, emotional, political, financial or gustatory preferences. The book, *Alcohol and man*,\* is the result.

How do the tests and experiments which have led medicine upward at a staggering pace in fifty years, jibe with the so-called common-sense experience of the man in the street? Facts talk, evidence will convince, in spite of our usually adequate protective buffers of tradition, superstition and desire. Let us put the witnesses on the public stand and make them talk our language.

*Alcohol and Man* is the sincere gesture of medical and associated sciences; a source-book for teachers and publicists; a story of deep digging into the true inwardness of that "euphoria," the sweet well-being, which beguiles the weary with its peace and content.

Himwich of Yale, physiologist, considers the open channels to the brain through which the alcohol races from stomach, through blood stream, to the gray cells that preside over our judgments, discretions and muscular responses. He sees the variants in effect due to dilutions, to accompanying food; the rate of absorption altered by habituation; the speed of elimination or combustion of the drug, which is dependent upon exercise.

He follows causes and effects through the tissues of the healthy body, everywhere seeing depressed function follow the wave of alcohol, and noting that it is the alcohol per cent in the brain, not in stomach and blood, that decides a man's performance. And he makes no bones of saying that "in all probability alcohol is taken in



to stimulation? This he answers quite in the lingo of good mental hygiene. "In man all of the natural and biological processes are inhibited by the cerebral cortex. . . . Alcohol by depressing the higher center and benumbing the Ego, shifts the balance of power to the ordinarily suppressed or depressed Id; the result is an apparent stimulation, which from a purely pharmacological standpoint is an 'inhibition of inhibitions.' The biological urges of the individual are released from the restraints imposed upon them by the forces of civil and social laws and customs, and the reflex responsibility of the animal replaces the self-controls and trials of the good citizen. The release is pleasurable to the individual even though it may be disagreeable to his companions." He finds evidence that alcohol in moderate amounts with meals, in the normal human adult, does not usually lead to chronic alcoholism, and that such use does not necessarily cause any permanent organic defects of a harmful nature.

But what of single human cells? Does alcohol make them show superiorities or give us pause in our argument? Shall we listen to Whitaker of Stanford who tells us that many bacteria not only survive but thrive in strengths of alcohol many times greater than those which man can tolerate or even enjoy? Apparently on the lower levels of living creatures there are those that quite successfully specialize in even 15 per cent solutions while the multi-cellular composite, that is man, quite certainly dies if his blood reaches a concentration of six-tenths of one per cent of alcohol.

This micro-organic tolerance we seem to have lost, a sacrifice to the dominance of mind over matter. In minute beings, and on the cell as in man, it is the narcotizing effect that fills the picture. Narcosis and anesthesia, inhibition and depression, are all but variants in degree rather than in the nature of alcohol's action, whether it be on germ cell or adult, fish or other fry, little and less so. Even the ameba, symbol of elementary existence, feels the confusion of alcohol, indulges in misdirected energies, putting out pseudopodia, its amorphous feet, at the sides as well as in the direction of its proper interest and urge. The ameba may exhibit an 80 per cent loss of motion quite in the style of a human "drunk" but it takes ten times the strength of alcohol to stop the ameba's progress as suffices to put master man hors de combat.

The biologist sums up his record with the declaration that "Very dilute concentrations of alcohol appear to stimulate the lower forms of plant and animal life. Moderate strengths inhibit or suppress every known type of activity of living matter. If the dose is not too strong, recovery of the cell or the organism is complete, but higher concentrations cause death to almost all types of cells." The lesson is pretty clear for man in the fact that upward progression out of the slime of undifferentiated protoplasm has been by specialization of self-determining inhibitions, self-control and purposeful selection of actions, through dominance of the nervous system, and with this as with other delicate and lately ac-

quired characteristics in the geological sense of time, we become more vulnerable as we grow superior.

We turn then to the specialists in genetics and experiments in heredity. Stockard of Cornell and Davenport of Cold Spring Harbor disclose the secrets of the breeders.

Probably no human being could survive enough alcohol in his blood to produce the effects experimentally created for laboratory animals. Weakling cells and embryos are so consistently destroyed in alcoholized animals that the end result, after four or five generations, is a group of vigorous animals which average larger than those from which their ancestors sprang. Not an improvement in stock but the survival of the more alcohol-resistant individuals is what occurs from experimental exposure of animals to long continued and heavy doses of the drug. The surviving stock is not decidedly injured by the treatments of its ancestors. It is hardly possible that human beings should lead such an alcoholic existence as was forced upon these animals, and still survive to procreate.

"We may assume from the experiments of the effects of alcohol in development and inheritance that it is highly improbable that the quality of human stock has been at all injured by the long use of alcohol." To which one might add that neither is there any evidence or likelihood that human offspring of today exhibit any excellences of body or mind because of ancestral alcoholism.

"There is much evidence that generations of alcoholism in man have produced germ cells relatively resistant to alcohol so that diminished fertility of alcoholics and defective offspring of alcoholics are, at least, not the common result."

So much for the basic sciences up to date. We can now turn to the practical problems of the toxicologist, clinician and pathologist. Bogen of Los Angeles answers those perplexing questions of differences in individual tolerance, degrees of intoxication, tests to prove amount absorbed or residue uneliminated, legal definitions, and the distinctions between the stages, according as a man passes from the stage of less than one milligram to that of more than five milligrams of alcohol in each cubic centimeter of his blood. He warns of the fallacious test of odor on the breath, and pleads for skilled diagnosis to distinguish the alcoholic from the sufferer from insulin shock, mental confusion and a variety of other intoxications. He clarifies our mind as to "jake" poisoning, and the fact that in the "cut," "poisoned" liquor of today, it is still the ethyl alcohol of yore which is the toxic ingredient, and that as a matter of fact the present bootlegged liquors are less poisonous than pre-war stuff because they are practically all diluted for the seller's greater profit.

He explains that the tolerance of the habitue consists mainly of retarded absorption of the alcohol he drinks, and not in any really immune state of the tissues. He tells us that symptoms of drunkenness may be found long before this state becomes obvious, and that they are characterized primarily by a gradually descending loss of the functions of the brain. He ventures the opinion that it

is the technique of living without the escape from self and environment granted by the narcotic, alcohol. "The spirit of the age proclaims that we must be efficient. Efficiency and ever more efficiency is demanded, and the desire for alcohol is the desire for rest, for release from the tension, for freedom and abandonment."

Meyer, the psychiatrist of Johns Hopkins, and Adler from Berkeley, pick up the thread from the psychologists' hands, and show the twisted strands of personality as they weave the tangles of alcoholic psychoses, which become the most complicated and baffling of all the socio-medico-religious problems which physician, family and priest are jointly concerned with. "Alcoholism may be a problem of the few, but it is the problem decidedly of entire groups, and not merely of the individual." Social case histories, family genealogies as well as hospital and asylum records must be integrated and analyzed in terms of generations before we can see the whole truth, whether the end catastrophe be crime or poverty, suicide or homicide.

Human bookkeeping closes our accounting between man and the enemy he himself has created and makes a friend of. Hunter and Dublin of New York and Pollock of Albany tell in figures the tale of the mass; offer evidence of decades, of millions, of man the genus, of races, age groups, sexes. the city man and the farmer's wife. They glean the hidden implications of death-lists and give tabular expression of a generation's combat with its dearest physical delight, and its most relentless destroyer of the spirit. And the story is always the same,—more sickness, longer sickness, more and earlier deaths where alcohol is easily accessible and abundantly used; betterment among the lives of women and children, and fewer lives snuffed out by institutional existence, when less alcohol is consumed.

And to close with a gesture of international experience we have that time-saving device, a review of foreign literature, which shows how identical are causes and effects where the identical poison is consumed by any of the races of man. Kopf of New York has culled the books of Europe to tell the tale of alcohol as a problem of sickness and death.

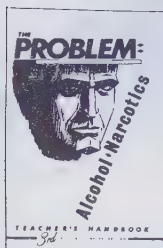
So closes *Alcohol and Man*, a non-partisan contribution of the medical and associated sciences to the sources of knowledge which presently will determine our social and political decisions.

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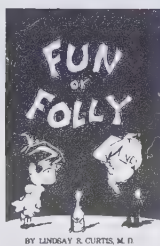


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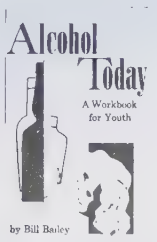
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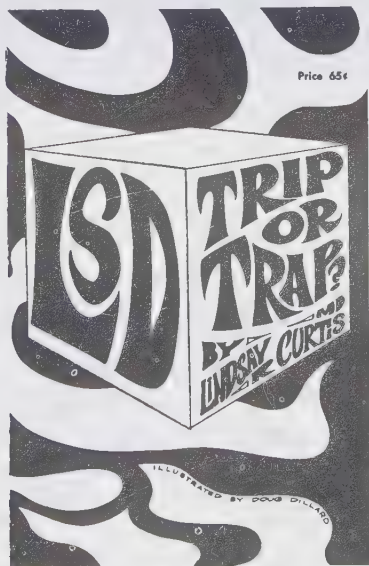
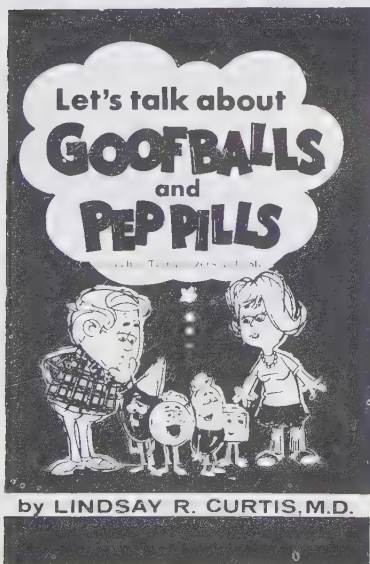
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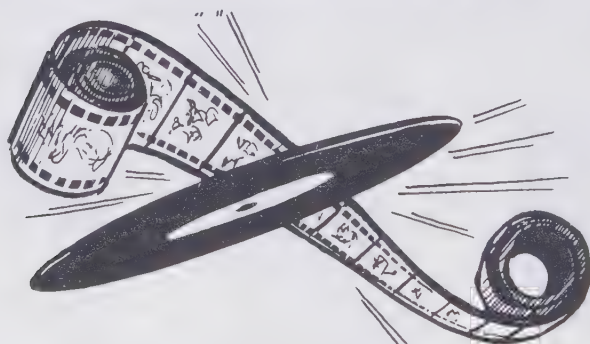
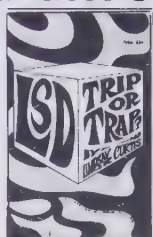
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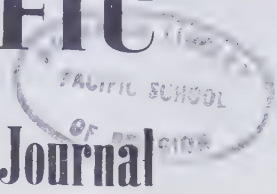
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# SCIENTIFIC

## Temperance



## Journal



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No. 1

## Chemical Effect of Liquor on Brain

Drs. Michael Collins and Gerald Cohen, two New York biochemists, report what they believe might be the long-sought scientific reason that alcohol can cause behavioral changes ranging from euphoria through drunkenness to hallucinations.

They say that the body probably converts alcohol through a series of complicated steps to substances chemically akin to morphine, peyote, and other opiates and hallucinogens.

If this is, in fact, the chemical action of alcohol on the brain, they say, it might eventually be possible to apply the knowledge to the treatment of chronic alcoholism, one of society's major health problems.

Dr. Collins notes that heavy and chronic drinking is known to produce changes in the nerves and brain ranging from either

excitability or anxiety to tremors, delusions, and occasionally, hallucinations.

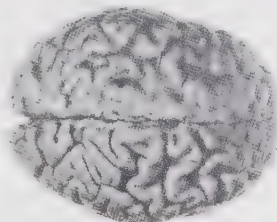
"Since similar effects on mind and body can be precipitated by various alkaloids (of the morphine, strychnine, and caffeine type), we speculated that alkalo-

loid formation in the body might underlie many of the behavioral effects of alcohol," he adds.

Dr. Cohen explains that the metabolism of ethyl alcohol proceeds through three steps. first the alcohol is metabolized by the liver, kidney, and spleen into acetaldehyde; this body-made chemical then reacts with the adrenaline present

in the adrenal glands, nerve endings, and the brain to form an alkaloid named isoquinoline; this final product then exerts its effect on the brain and the nerve endings.

—Listen News



Constant drinking affects the brain by shrinking the convolutions of the cerebral hemispheres. This is here shown by a narrowing of the cortical ridges with a corresponding widening of the intervening grooves, or sulci. This atrophy is accompanied by a decrease of mental acuity.

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# Do Drugs Help Man Adapt to Space?



Much is being learned about the reaction of man to his space environment, but little is as yet known about his reaction to drugs and his need for them. American astronauts have avoided all drugs in space except the most elemental antinotion sickness pills.

Russian scientists believe certain drugs can help man adapt to long space flights, while the U.S. view is that techniques can be developed to enable astronauts to adjust without the use of medication.

Soviet representatives at the United Nations Conference on Peaceful Uses of Outer Space, in Vienna, Austria, indicated that most Russian cosmonauts have used depressants for sleeping in orbit and stimulants to counteract fatigue.

Prof. Oleg G. Gazenko, space psychologist of the Soviet Academy of Sciences, said the "reasonable use of pharmacological medicines for the solution of problems in space flight is necessary."

A report by the Soviet Academy of Medical Sciences said drugs are helpful for "therapeutic purposes or to increase the resistance of the human organism to unfavorable effects." Drugs mentioned included narcotics for relaxation, stimulants, antiradiation medications, and cardiovascular preparations.

American drug experts want to avoid the use of drugs in orbit because of the unpredictable side effects

they sometimes create—like reduced stress tolerance caused by relaxing drugs.

U.S. astronauts on space trips have carried only nonbromide anti-motion sickness pills. They were used only once, by the two Gemini 8 pilots, Neil A. Armstrong and Air Force Maj. David R. Scott, when a stuck thruster sent their spacecraft into a violent roll and caused an emergency landing.

The Russians in Vienna acknowledged that some drugs could cause peculiar side effects and said that extensive research is continuing in the field of space pharmacology.

Soviet academician V. V. Parin reported certain drugs might prove effective in protecting spacemen from radiation.

"Pharmacological methods are promising," he said. "Also there are physical means such as a protected place in the cabin where the cosmonauts could stay during a period of heavy cosmic rays."

He mentioned that a drug named cysteamine has proved effective in laboratory tests in chemical absorption of radiation particles.

—Listen News



# IT IS THE BRAIN THAT COUNTS

## You die..

"EVERY TIME YOU TAKE A DRINK YOU DIE A LITTLE. Up to a point, however, you may have thought of yourself as a moderate drinker, and, therefore, safe. But, for one thing, the idea that you are safe is a flat lie. ... Taking even the kindest definition of 'moderation,' you are doing yourself progressive physical harm. ... Although the body has a reserve of the brain powers, the cells of the brain and nervous system, once destroyed, are lost forever—and we know these are the cells affected, first and most potently, by ethyl alcohol. Habitual drinking will cause lasting impairment to brain, nerves, muscles and liver. More and more, our physicians are revising their easy-going attitude toward 'moderate' imbibing. ... Every time we over-imbibe, science believes, a certain amount of brain damage results. Even one drink may be enough to depress the level of the brain, which is the center of restraint, inhibitions and judgment. ..."

—"The Big Lie About Moderate Drinking," Pageant Magazine, Feb., 1956.

## Rubbed out..

"THE HIGHER QUALITIES OF THE MIND are first rubbed out by alcohol. The delicate capacities of intellectual decision and will power are those faculties that are first dulled and then wiped out by alcohol because they are the least capable of resisting the blinding defects." —Hayden Emerson, M. D., Columbia University.

## Cells lost...

"IT IS SAFE TO SAY THAT IN MANY PEOPLE, heavy drink-

## Immune?

"IT TAKES SOME PEOPLE longer than others to attain addiction, but no human being can be regarded as immune." —Dr. Robert Fleming, Harvard Medical School.

## Damage

"WHAT REALLY HAPPENS (to the brain which has been receiving alcohol) is the beginning of a path of cells similar to scar tissue. At first the path is small, but as more alcohol is taken in it becomes longer and longer until it is established in the brain. Certain chemicals then take place, to which the brain becomes so accustomed that it cannot function without them." —John Xan, Ph. D.

## Harms cells

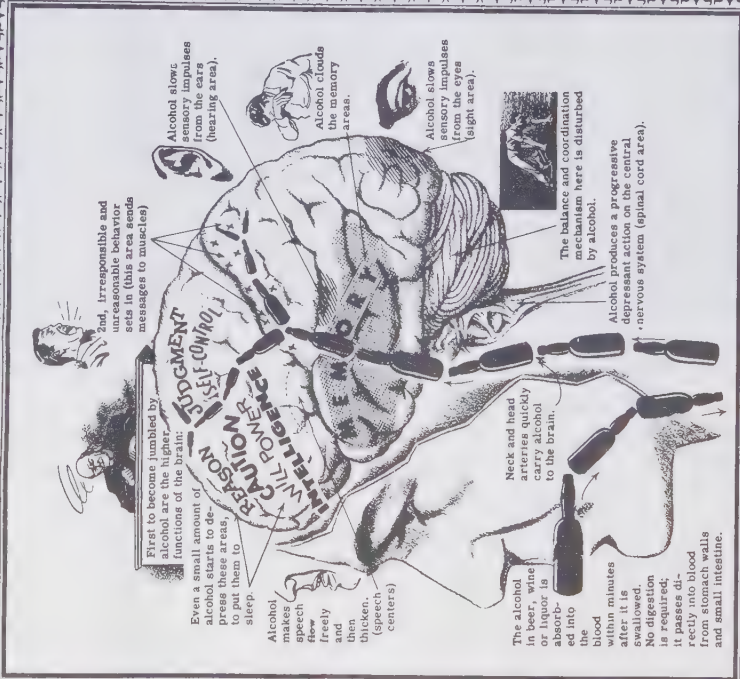
"ALCOHOL NEVER UNDER ANY CONDITION, increases the vital energy of the body, but on the contrary, decreases it in a marked and uniform manner through the poisonous influence upon the cells. ... Alcohol increases liability to infectious diseases, and prevents the development of immunity." —Dr. J. H. Kellogg, head of Battle Creek Sanitarium, Member Michigan State Board of Health.

## Fallacy

"AS A BRAIN SURGEON I have yet to meet a moderate drinker having colleague who would like to have me operate on his son after I 'have had a few.' No one does his best after drinking. He may think he does, but his judgment is defective. ... moderation is a fallacy." —Richard E. Strain, M.D.

## Brain hit...

WHEN YOU STUMBLE OR BECOME DRUNK, YOUR BRAIN IS HIT BY ALCOHOL.



... Brain cells once lost are never replaced.—Frederick Le-  
mer, M.D., Department of  
Psychiatry, University of  
Washington School of Medi-  
cine, and The Shadel Hospi-  
tal of Seattle.

## Disaster

**"HABITUAL USE OF ALCOHOL, EVEN IN MODERATION,"** tends to produce dependency on it as a sedative. . . . Alcohol diminishes the acuteness of sensor perception. It delays or weakens motor performance and physical coordination. . . . it is well known that alcohol, through its dulling effect on the higher brain centers, may set free underlying emotional drives, with, as a rule, disastrous consequences. Many crimes, indiscretions, and accidents are attributable to the influence of alcohol.

—Robert V. Selinger, M.D.,  
of Johns Hopkins and Chief  
Psychiatrist, The Neurop-  
sychiatric Inst. of Baltimore.

# Drugs mind

**"ALCOHOL IS FROM FIRST TO LAST A NARCOTIC DRUG.** Its chief action is upon the nervous system . . . alcohol successively weakens the hierarchy of the brain, and therefore of the mind, in the order from above downwards, that is to say in the inverse order of their development." —The British Medical Association's Advisory Committee.

## Poison...

**"ALCOHOL IS THE MAJOR CAUSE of insanity and poisoning from it causes more deaths than from all of our most infectious diseases."**  
—Dr. Parran, Surgeon General of the U.S.

ple: novelists, poets, playwrights and stars of stage and screen. I have seen two-score of them go to their doom, eleven as suicides. I say it is a frightful thing that so much of the talent and genius of America should have been distorted by alcoholic poisoning. . . . Most of them started with vision and courage, but in the end the example they give us is of sickness of mind and soul."

—Upton Sinclair (Pulitzer Prize Winner) in *The Cup of Fury*.

## Nerve injury

**"SMALL BLOOD-ALCOHOL CONCENTRATIONS are accompanied by effects which lead to the conclusion that brain tissue is affected in such a manner as to hinder the passage of nerve impulses from cell to cell in the higher nerve centers and to prevent thereby the normal functioning of the highest levels of mental integration."**

**—Health and Hygiene,  
Lloyd Ackerman.**

## Shrinkage...

**A NEWLY RECOGNIZED TYPE OF EXCESSIVE TIPPLER**—called the intermediate alcoholic, has started to appear on the national scene. Such imbibers have moved from the social-drinking stage and are heading for "chronicity" in their bouts with the bottle.

Doctor A. E. Bennett, associate professor of psychiatry at the University of California, Berkeley, said there are approximately a million such borderline addicts in many of whom X-ray evidence of mental deterioration in the form of brain shrinkage is being observed.

This study clarifies the cause of mysterious brain shrinkage observed in approximately 500 younger persons who underwent autopsy after death in California, he reported.

"Because alcoholism is a disease of progressive brain damage, with untreated drinking the chief symptom, the treatment goal is complete abstinence," he said. "Science doesn't

main with its myriad of delicate coordinations that has been thrown out of kilter, especially since, for its size, it receives a disproportionately large blood circulation. —*Science Digest*

## Robs reason

**"THE CEREBRAL CORTEX IS THE MOST SENSITIVE portion of the brain having to do with its highest possible function. It is in this area of the brain that relative values are compared thus enabling the individual to make decisions. It is the first portion of the brain affected by alcohol."**—Drug Addiction Committee, World Health Organization.

## Liquor sick..

**"YOU CAN GET ALONG WITH**  
a wooden leg, but you can't  
get along with a wooden head.  
It is the brain that counts. But  
in order that your brain may be  
kept clear, you must keep your  
body fit and well. That cannot  
be done if one drinks liquor."

**—Dr. Charles Mayo.  
Mayo Brother's Clinic.**

# Ruinous

**"THERE IS NO DISEASE IN THE WORLD for which alcohol is a cure. . . . It does undeniably cause thousands of cases of disease. . . . Its use is ruinous to the kidneys, liver, heart, and smaller blood vessels, and gives rise to that most common fatality, high blood pressure."**

**—Dr. Howard A. Kelly,  
Surgeon, John Hopkins  
University.**

## Paralyzed.

**ALCOHOL HAVING ENTERED THE BLOOD STREAM, is pumped through the veins and arteries by the heart. The alcohol enters the cerebro-spinal fluid and seeps through the brain and nerve centers. These become numb or partially paralyzed."**

**—Dr. George A. Little, Guard Your Grey Cells (a scientific report).**

### 3.2 Beer...

**"CERTAINLY 3.2% BEER BY WEIGHT IS INTOXICATING.**  
Beer contains alcohol in potentially habit-forming amounts; there is no harmless alcoholic beverage." —A. C. Ivy, Ph.D., M.D., D.Sc., LL.D., Head Dept. Clinical Science, Univ. of Illinois.

False relaxation with  
**Martinis**

**AS TO THE** relationship between a glass in the hand and true relaxation, Dr. Theodore R. an Dellen says:

"For centuries man has relied upon alcohol to resolve his difficulties and shortcomings. In its role as a relaxing agent, the drug has become an escape mechanism, and more problems have been created than existed originally. It is the wise man who learns how to relax without resorting to martinis."

—A Doctor Looks at Drinking<sup>®</sup>  
Popular Medicine, July, 1961.

**— A DOCTOR LOOKS AT DRINKING**  
**Popular Medicine, July, 1961.**

Liquor, chief marriage  
**Breaker**

The bottle has wrecked more marriages than any other single factor . . . Excessive drinking is a very frequent cause of divorce.—*New Health Horizons* (Vol. 1, No. 2, 1960.)

Four million ads that

**Smell** Manischewitz Concord Wine of the Monarch Wine Company is reported to have spent \$80,000 in an initial campaign to give their advertisements the real odor of their product. A four-page insert of these scented ads went into four million homes through the magazine TV Guide.

# "TELL IT AS IT IS"



**Lindsay R. Curtis, M.D.**, is Assistant Clinical Professor of Obstetrics and Gynecology at the University of Utah College of Medicine. After receiving his M. D. degree from the University of Colorado in 1942 he served as a Captain in the Army Medical Corps. Active in various professional groups he is now past-president of the Utah Gynecological and Obstetrical Society and of the Ogden Surgical Society. He is a diplomat of the American Board of

Obstetrics and Gynecology, and fellow of the American College of Obstetrics and Gynecology. He has served as an alternate member of the Utah Board of Pardons.

At what age do most of the chronic alcoholics begin drinking? About 70% of them begin drinking as teenagers. Dr. Frederick Hudson, director of an alcoholic clinic in San Francisco has "patients as young as 11 years and other teenagers who are completely addicted to alcohol. These young people see drinking as a NATURAL way of life AMONG THEIR PARENTS who are prosperous enough to indulge in it at will. About 50% of alcoholics die before the age of 51. Only 71/2% live to be 70 years of age. The average life expectancy for them is 12 years less than for non-drinkers.

Is an alcoholic ever cured? Not really. If he ever feels he is cured, this is a danger sign and often an indication that he is about to "slip" again. Only 50% of those who quit are able to "stay on the wagon" for five years or more.

How do most young adults get started drinking? "Most high school students who use liquor—got their first drink in THEIR OWN HOMES FROM THEIR OWN PARENTS who also drink regularly and teach their children to do likewise," according to the 1963 White House Conference on Children and Youth.

Moreover, one survey showed that:

**DRINKING PARENTS have DRINKING CHILDREN.**

**ABSTAINING PARENTS** are likely to have **ABSTAINING CHILDREN.**

**CHILDREN** tend to reflect the **PATTERN** of the home from which they come.

Should we teach our children how to drink 'properly'? (As advocated by some) Before answering, consider the following facts:

- About 10% to 15% of all drinkers, including "proper" social drinkers will become chronic, habituated alcoholics.
- There is no way to predict who will become an alcoholic.
- The only sure way for these unfortunate individuals to avoid becoming alcoholics is to avoid taking the first drink.
- Can we then, risk the possibility of additional alcoholics while trying to "teach" everyone to drink properly?

What about people who say: "I am used to liquor," or "I can hold my liquor!" or, "I Drink, but I never get drunk"? 95% of **EVEN HEAVY DRINKERS** suffer impairment of judgment when the blood alcohol level reaches .15%. Most others would be **CONSPICUOUSLY DRUNK** at this level. Some might even **PASS OUT!** Most people **PASS OUT** when the blood alcohol level reaches .30%. Tolerance for liquor may vary, but no one is immune to intoxication...if he consumes enough alcohol.

## STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION (Act of October 23, 1962; Section 4369, Title 39, United States Code)

- Date of Filing: October 1, 1968.
- Title of Publication: Scientific Temperance Journal.
- Frequency of Issue: Four times during the School Year.
- Location of known office of publication: 110 South State Street, Westerville, Ohio 43081.
- Location of the headquarters or general business offices of the publishers: (Not printers) 110 South State Street, Westerville, Ohio 43081.
- Names and addresses of publisher, editor, and managing editor: Publisher: Temperance Education Foundation, Inc., 110 South State Street, Westerville, Ohio. Editor: The Temperance Education Foundation, Inc., 110 South State Street, Westerville Ohio 43081. Managing Editor: E. H. Dalley, Westerville, Ohio 43081.
- Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Name, Temperance Education Foundation; Address, 110 South State Street, Westerville, Ohio 43081 (A non-profit organization).
- Known bondholders, mortgagees and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities (If there are none, so state): None.
- For completion by nonprofit organizations authorized to mail at special rates (Section 132.122, Postal Manual). The purpose, function and nonprofit status of this organization and the exempt status for Federal income tax purposes

X Have not changed during preceding 12 months.

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### 10. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	
A. Total No. Copies Printed (Net Press Run)	26234	26234
B. Paid Circulation		
1. Sales through Dealers and Carriers, Street Vendors & Counter Sales	—	—
2. Mail Subscriptions	25234	25234
C. Total Paid Circulation	25234	25234
D. Free Distribution (Including samples) by Mail, Carrier or Other Means	—	—
E. Total Distribution (Sum of C and D)	25234	25234
F. Office Use, Left-over, Unaccounted, Spoiled after Printing	1000	1000
G. Total (Sum of E & G — should equal net press run shown in A)	26234	26234

I certify that the statements made by me above are correct and complete.

E. H. DALEY, PRESIDENT  
Temperance Education Foundation, Inc.

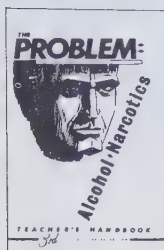


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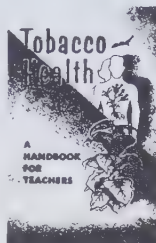


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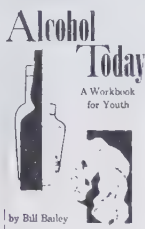
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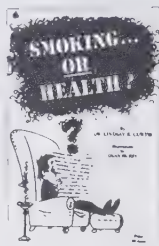
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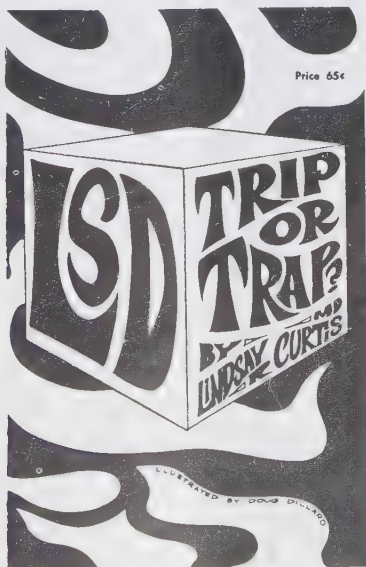
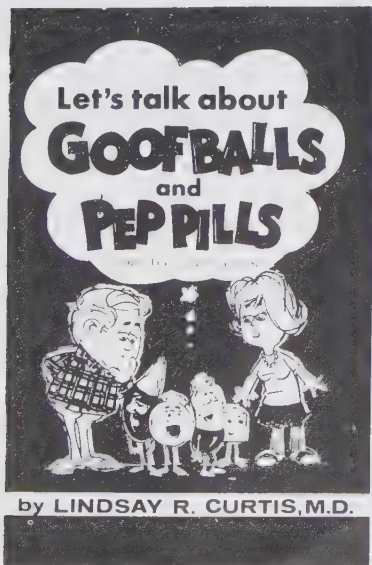
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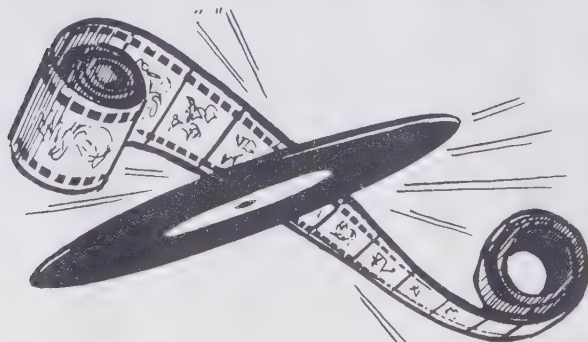
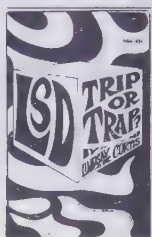
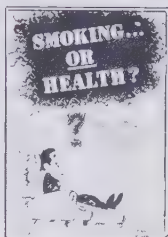
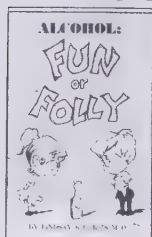


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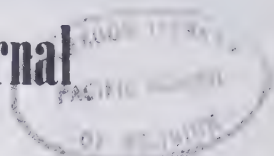
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## Journal



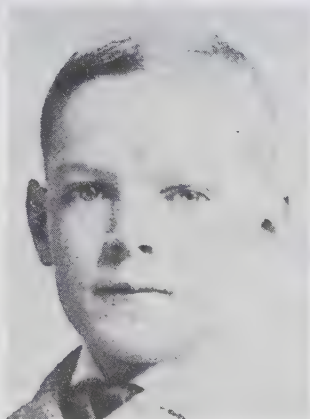
Volume 77

April, 1969

No. 2



PRISCILLA HARDEN SINCLAIR



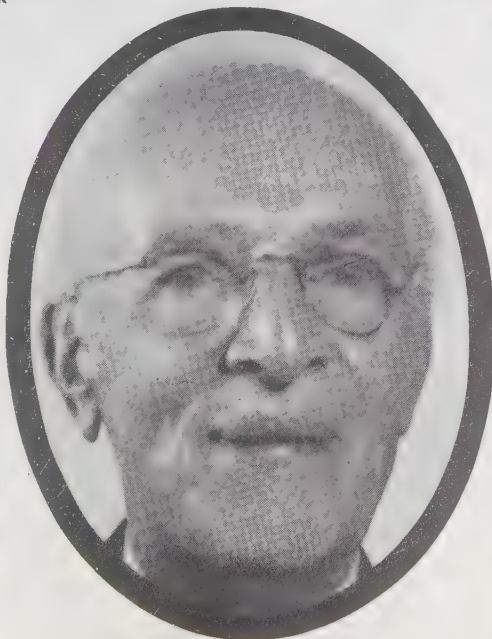
UPTON SINCLAIR AT AGE EIGHT



UPTON BEALL SINCLAIR, SR.



MARY CRAIG SINCLAIR



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UPTON SINCLAIR, 1913



MRS. KATE CRANE GARTZ



SERGEI EISENSTEIN



**Upton Sinclair During  
The Epic Campaign, 1934**



**May Hard Sinclair and Upton Sinclair, 1962**



**Upton Sinclair and Harry Hopkins, 1934**



**Flivver King in Detroit, 1937**



**Upton Sinclair With  
79 Of The Books  
He Has Written**



# UPTON SINCLAIR, AUTHOR— "THE CUP OF FURY" DIES AT 90

Upton Sinclair, the novelist whose works over many years exposed the need for social justice and reform in America died November 25, 1968 in Bound Brook, New Jersey. A Pulitzer Prize winner, for "Dragon's Teeth" in 1942, Sinclair was known as "King of the Muckrakers." Many of his novels exposed corrupt American business interests. Most famous, "The Jungle" written when he was 28, exposed the meat packing industry in Chicago. The impact of this book led to the passage of this country's pure food laws.

In one of his last public appearances Mr. Sinclair was present at the White House late in 1967 when President Johnson signed the Wholesome Meat Act. The chief executive called this Act "a landmark in consumer protection" and asked Mr. Sinclair to stand up. "This bill really crowns the crusade you began 60 years ago" the President said.

Of the millions of people who have read Upton Sinclair's numerous books many are unaware of "The Cup of Fury" published in 1956 which ran to eleven editions. This book, in which Upton Sinclair compiled a list of the drinking people he has known, reveals the power of John Barleycorn to ruin the lives of gifted people as well as the common man.

## Raised in Sea of Liquor

The jacket of "The Cup of Fury" describes this powerful book thus: "I was raised in a virtual sea of liquor," writes Upton Sinclair. "First it was my father. Then no fewer than three of my uncles. Then one friend after another, all of them destroying themselves. I put before the public this tragic record of a half-century of genius, twisted and tortured by drink, and I ask that it

be read with one fact always in the back of the reader's mind: three out of four of today's college students are drinkers."

"Upton Sinclair has written THE CUP OF FURY as a warning to his nation. In his book are the intimate, personal, revealing stories of men and women like Jack London, Dyland Thomas, Sinclair Lewis, O. Henry, Stephen Crane, Isadora Duncan, Maxwell Bodenheim, William Seabrook, and others—many others, friends and colleagues whose "moderate drinking" became uncontrollable alcoholism."

## Loss of Talent

"I say it is a frightful thing that so much of the talent and genius of America should have been distorted by alcoholic poisoning. These are indeed men and women who have to a great extent set the intellectual and moral tone of our time. They are among the few who have achieved fame and fortune; they have won both the critics and the readers. Most of them started with vision and courage, but in the end the example they give us is of sickness of mind and soul."

## Social Reformer

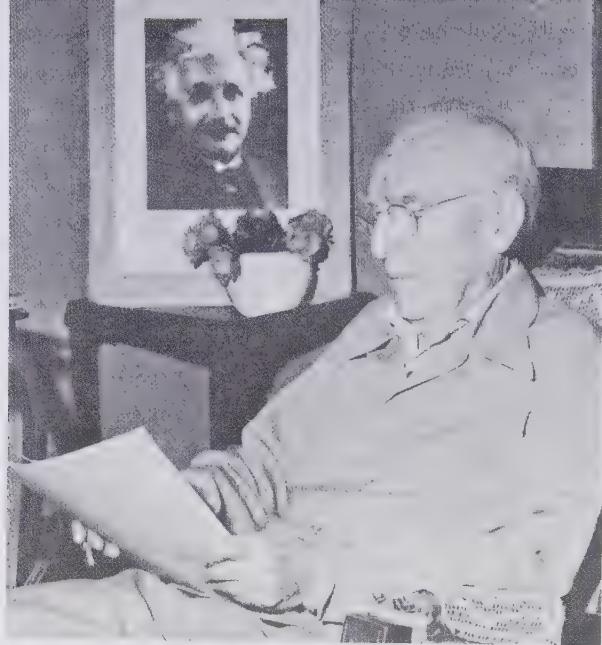
Because of his fame as a writer for social reform Sinclair was three times the Democratic nominee for the governorship of California, and for the U.S. Senate from that state. He also once ran for U.S. Representative for New Jersey.

In an editorial marking Upton Sinclair's death The Washington Post (Nov. 26, 1968) said: "Pacifist, civil libertarian, Socialist, teetotaler, philanthropist, reformer to his friends and crank to his enemies, Sinclair's works were more distinguished for their zeal than for their style. But he was not writing poetry, he was writing facts."

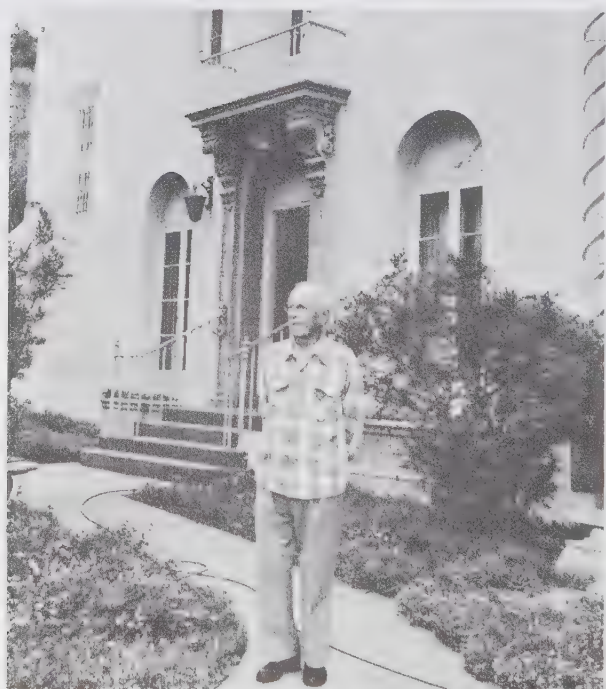
Published four times during the school year — by The Temperance Education Foundation, Inc., at Westerville, Ohio 43081

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage 16 cents additional.  
Entered as second-class matter June 6, 1915, at the postoffice at Westerville, Ohio, under the Act of March 3, 1879





*Upton Sinclair, about 1960, with  
autographed picture of Albert Einstein*



MILTON K. BELL

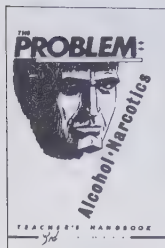
*Upton Sinclair standing before his home in Monrovia, California*

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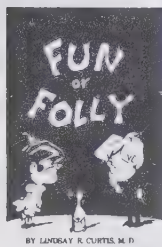
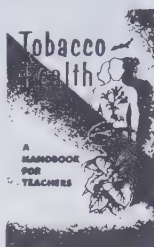


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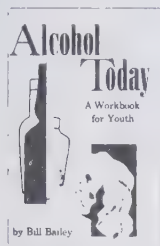
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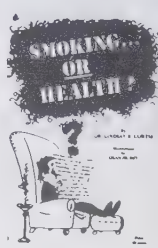
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# "TELL IT AS IT IS"



**Lindsay R. Curtis, M.D.**, is Assistant Clinical Professor of Obstetrics and Gynecology at the University of Utah College of Medicine. After receiving his M. D. degree from the University of Colorado in 1942 he served as a Captain in the Army Medical Corps. Active in various professional groups he is now past-president of the Utah Gynecological and Obstetrical Society and of the Ogden Surgical Society. He is a diplomat of the American Board of

Obstetrics and Gynecology, and fellow of the American College of Obstetrics and Gynecology. He has served as an alternate member of the Utah Board of Pardons.

Is an alcoholic ever cured? Not really. If he ever feels he is cured, this is a danger sign and often an indication that he is about to "slip" again. Only 50% of those who quit are able to "stay on the wagon" for five years or more.

How do most young adults get started drinking? "Most high school students who use liquor—got their first drink in **THEIR OWN HOMES FROM THEIR OWN PARENTS** who also drink regularly and teach their children to do likewise," according to the 1963 White House Conference on Children and Youth.

Moreover, one survey showed that:  
**DRINKING PARENTS** have **DRINKING CHILDREN**.  
**ABSTAINING PARENTS** are likely to have **ABSTAINING CHILDREN**.

At what age do most of the chronic alcoholics begin drinking? About 70% of them begin drinking as **teenagers**. Dr. Frederick Hudson, director of an alcoholic clinic in San Francisco has "patients as young as 11 years and other teenagers who are completely addicted to alcohol. These young people see drinking as a **NATURAL** way of life **AMONG THEIR PARENTS** who are prosperous enough to indulge in it at will. About 50% of alcoholics die before the age of 51. Only 71/2% live to be 70 years of age. The average life expectancy for them is 12 years less than for non-drinkers.

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"Tell It Like It Is" written by Dr. Lindsay R. Curtis; based on his books: **Alcohol: Fun or Folly**; **Smoking or Health?**; **LSD: Trip or Trap?**; **Glue Sniffing: Big Trouble in a Tube**. You get four books, four full-color film strips, four scripts; and four 33-1/3 rpm recorded narrations. The straight truth on the real questions that youth want to know! Told in languages they can understand and accept!

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**ALCOHOL EDUCATION FOR THE PRIMARY GRADES**, Howard E. Hamlin. — A pamphlet by a noted educator; contains the author's experience of eleven years with children of the primary grades; tested lesson plans; illustrated. Paper; 24 pages; single copy, 15 cents.

**ALCOHOL STUDIES FOR STUDENT DRIVERS**, containing articles by Dr. H. W. Haggard and Dr. E. M. Jellinek; Haven Emerson, M.D.; A. C. Ivy, M.D., Ph.D., S.Sc.; and Dr. George A. Little. — Material for driver education courses; especially useful in high schools; excellent for distribution by automobile clubs and safety committees. Paper: 16 pages; single copy, 10 cents; 12 copies for \$1.00.

**ALCOHOLIC RELEASE AND PUBLIC SAFETY**, Harry S. Warner, L.H.D. — A study in the "new understanding" series; discusses alcohol and the machine age. Paper; 16 pages; single copy, 20 cents.

**BASIC FACTS ABOUT ALCOHOL** — Gives facts and figures from government statistics, health data, scientific papers, tests and surveys. Reports the cost and effect of alcohol on health, social problems, traffic and crime. Paper; 16 pages; single copy, 10 cents; 12 for \$1.00; \$7.50 per 100; \$50.00 per 1,000.

**CUP OF FURY (THE)**, Upton Sinclair. — Intimate, personal, revealing, true stories of many men and women in the American literary world whose careers were tragically cut short by "moderate drinking" which became uncontrollable alcoholism; written by Pulitzer prize winning, world renowned author. Cloth; 190 pages; single copy, \$3.00.

#### DISCUSSION GROUP DATA

—It Is the Brain That Counts, by George A. Little.

—What Men of Science Know About Alcohol, by Dr. Haven Emerson.

—What Happens to the Brain With One or Two Drinks, by Dr. Andrew C. Ivy.

A booklet for use by discussion groups in Youth Camps, Colleges, High Schools, Y.M.C.A. and Y.W.C.A. meetings, Sunday School Classes and other Church groups. Paper; 16 pages; single copy 10 cents; \$7.50 per 100; 5 cents in lots of 1,000 or more.

**ETHYL IS NOT A LADY**, Dr. Clifford Earle. — Vestpocket-size booklet; cleverly illustrated; very effective for boys and girls; widely distributed to high school students. Paper; 16 pages; single copy, 10 cents; \$3.50 per 100; \$25.00 per 1,000.

**GUARD YOUR GREY CELLS**, Dr. George A. Little. — The amazing story science tells of what beverage alcohol does to the human brain. Paper; 32 pages; single copy, 5 cents; 25 copies for \$1.00.

**LIQUOR CULT AND ITS CULTURE (THE)**, Harry S. Warner, L.H.D. — A popular study of the overlooked sources of the alcohol problems of today; administrators. — A guide for elementary teachers. Paper; 64 pages; single copy, \$1.50.

**POSTER, "GIVE YOURSELF A FAIR BREAK"** — Pictures and statements of famous athletes and coaches; excellent for school displays; measures 11" x 8½". Price: single copy, 5 cents.

**RULER-BOOKMARK**. — Six-inch ruler in two colors, on heavy, glazed paper stock; inscribed on front and back with information regarding health and alcohol; excellent for free distribution to teen-agers, junior high schools, etc. Price: \$2.00 per 100; \$15.00 per 1,000.

**SPORTS NOTEBOOK**. — Vestpocket size; with pictures and sayings of noted athletes, including Olympic champions, who say, "No alcohol for us!"; blank notepages for recording school athletic schedules and events; very effective for teen-agers. Paper; 32 pages; single copy, 10 cents; \$4.00 per 100; \$30.00 per 1,000.

**THIS IS C<sub>2</sub>H<sub>5</sub>OH**. — Compiled from authoritative sources; scientific facts concerning beverage alcohol; illustrated. Paper; 12 pages; single copy, 10 cents; 12 copies for \$1.00.



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- ALCOHOL AND ACCIDENTS.** S. R. Gerber, M.D. — Summary of 10 years study of violent deaths in Cleveland, Ohio; points out the danger from drinking even small amounts of alcohol; excellent for senior high school. Paper; 32 pages; single copy, 25 cents.
- ALCOHOL AND LAWLESSNESS,** Lloyd M. Shupe. — A straightforward discussion for young people and adults by an eminent crime laboratory authority; strips the glamor from drinking and portrays certain end results truthfully. Paper; 32 pages; single copy, 30 cents.
- ALCOHOL AND TOBACCO,** Hearn and Hearn. — A brief discussion, full of helpful hints that young people will understand and appreciate. Paper; 24 pages, single copy, 30 cents.
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- ALCOHOL EDUCATION,** Carolyne LaGrange Brooks and Grace Clifford Howard. — A brief handbook and guide for teachers of grades three through 12; has ample background material. Paper; 64 pages; single copy, 50 cents.
- DOPE ON DOPE (THE),** Robert C. Seliger, M.D. — The "A. B. C." of the narcotic danger by one of the nation's foremost authorities; written with words that everyone can understand. Paper; 16 pages; single copy, 20 cents.
- HIGH SCHOOL HURDLES,** J. W. Irwin. — An authoritative discussion of alcohol, tobacco, dope; based on works by Robert V. Seliger, M.D., Samuel R. Gerber, M.D., Lloyd M. Shupe, and C. Audrey Hern; factual, scientific; illustrated; very readable. Paper; 96 pages; single copy, 60 cents.
- IT'S SMARTER NOT TO DRINK,** Robert V. Seliger, M.D. — A brief medical discussion, simple language; soundly informative; written by a nationally known authority on mental hygiene; good for senior high schools. Paper; 32 pages; single copy, 25 cents.
- LOOKING AT ALCOHOL,** a well illustrated compilation, emphasizing the hazardous effects of beverage alcohol. Paper; 24pp; single copy, 30 cents.
- PERSONAL AND CONFIDENTIAL,** Dr. Leonard L. Bowman. — An Adventure in Self-Guidance as a Preparation for Counseling. Paper; 32 pages, single copy, 25 cents.
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- TODAY'S DECEIVER,** Helen M. Allen. — An inspiring educational tool for use by young people and adults in churches and schools. It stimulates individual thinking in regard to the beverage alcohol problem and at the same time provides thought-provoking basis for group discussion. Paper; 64 pages; single copy, 60 cents.

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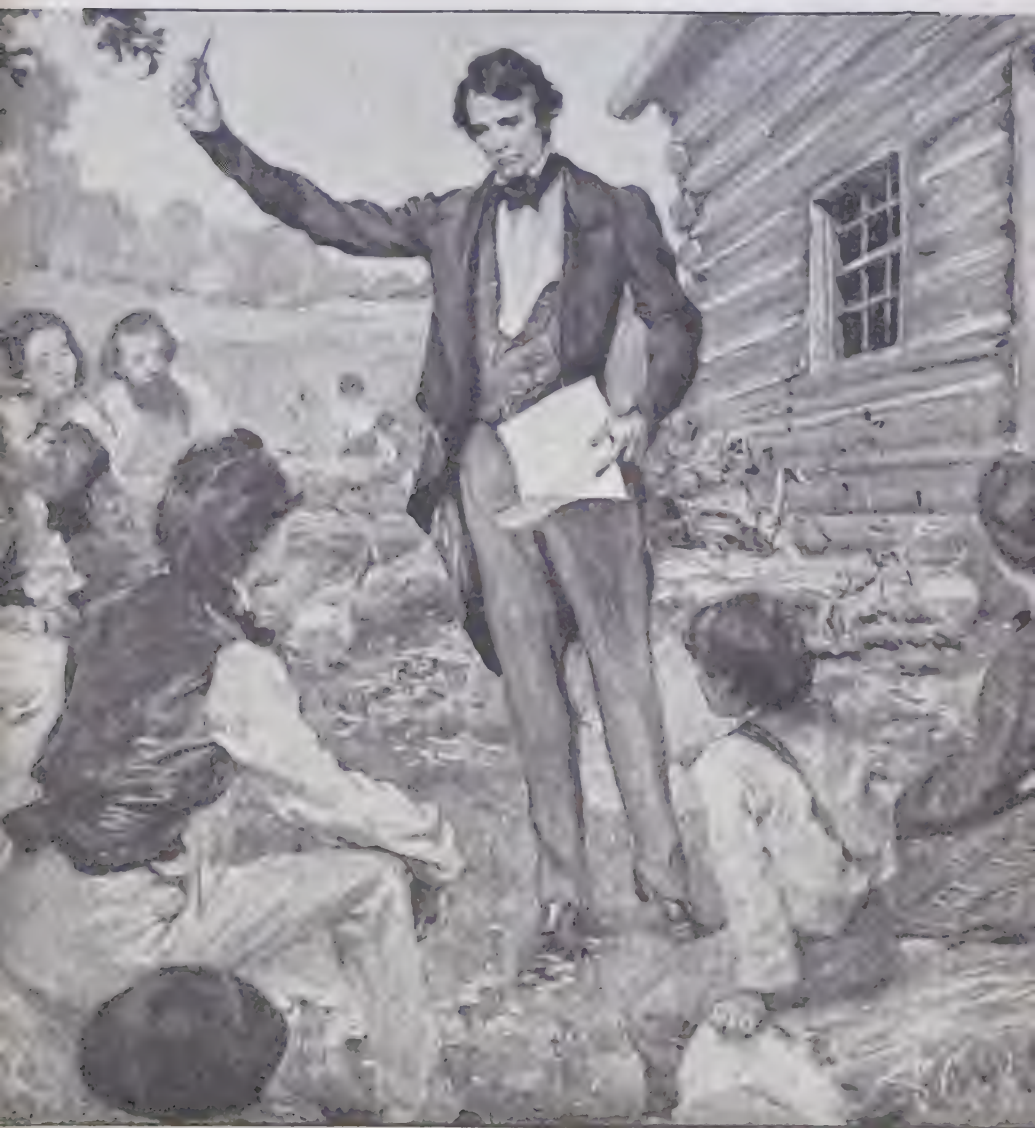


## Journal

Volume 77

October, 1969

No. 3



"I WELL REMEMBER I HAD BUT ONE GALLUS"—CLEOPAS BRECKENRIDGE

LINCOLN FIRST PRESENTING HIS PLEDGE AT SOUTH FORK SCHOOL HOUSE. JUNE 1846

# The Rights of the Child



The following DECLARATION of the Rights of the Child has appeared in thirty-eight languages in a brochure issued by the International Union of Child Welfare, Genoa, Switzerland. It was Eglantyne Jebb, the Founder of the "Save the Children Fund" (1919), who first thought of formulating the declaration of rights of the child. It was endorsed by the League of Nations in 1934 and revised in 1948.

1. **THE CHILD** must be protected beyond and above all considerations of race, nationality or creed.
2. **THE CHILD** must be cared for with due respect for the family as an entity.
3. **THE CHILD** must be given the means requisite for its normal development, materially, morally, and spiritually.
4. **THE CHILD** that is hungry must be fed; the child that is sick must be nursed; the child that is physically or mentally handicapped must be helped; the mal-adjusted child must be re-educated; the orphan and the waif must be sheltered and succoured.
5. **THE CHILD** must be the first to receive relief in times of distress.
6. **THE CHILD** must enjoy the full benefits provided by social welfare and social security schemes; the child must receive a training that will enable it, at the right time, to earn a livelihood, and must be protected against every form of exploitation.
7. **THE CHILD** must be brought up in the consciousness that its talents must be devoted to the service of fellow-men.

The child to benefit effectively from fulfilling the above declaration must have the right example and adequate education so the child will become instilled with a determination never to take the first drink of alcoholic liquor.

A well-worn slogan of former days is as true today, as it ever was:

**"HE WHO LOVES YOUTH, HATES ALCOHOL!"**

## THIS IS ALCOHOL

### Alcohol

is a depressant, habit-forming, narcotic drug.

### Alcohol

is a protoplasmic poison.

### Alcohol

is drunk to get the drug effect, and whenever it is so taken, in whatever amount, it exerts to some degree its depressant and toxic effects.

### Alcohol

causes disease—psychoses, multiple neuritis, gastritis, cirrhosis of the liver.

### Alcohol

causes death from acute and chronic poisoning.

### Alcohol

reduces resistance to infection.

### Alcohol

diminishes likelihood of recovery from acute infections, such as pneumonia.

### Alcohol

increases liability to accidents, and delays recovery.

### Alcohol

reduces endurance, accuracy, and rapidity of muscular action of all kinds, even when used in such small amounts as to show effects inappreciable subjectively by the user.

### Alcohol

decreases expectation of life.

### Alcohol

reduces chance and survival of offspring.

### Alcohol

deteriorates emotional and nervous control, as expressed in unreliable judgment and lack of self-control, and hence contributes to the incidence of venereal diseases.

DR. HAVEN EMERSON, for 25 years Professor of Public Health Practice, Columbia University, College of Physicians and Surgeons, New York City.

## WHY THE FIRST DRINK IS EXTREMELY DANGEROUS, or REASONS FOR MAKING A COURAGEOUS DECISION NEVER TO TAKE THE FIRST DRINK. By P. E. Selby

There is a missing link in abstinence or alcohol education, whichever you choose to call it. I prefer abstinence education, because abstinence is positive, being our goal. It is more suitable when teaching children.

The missing link is the psychological delusion created by ethyl alcohol which motivates continued drinking. It is most important for parents and teachers to teach children so that they will have complete knowledge of the extreme danger of the first drink and make a courageous decision never to take it.

It is not enough to tell them. 'If you never take the first drink you will never become an alcoholic' or 'Total abstinence is the right attitude toward liquor.'

They must know 'why' in order to have the courage to refuse to drink when the person offering a drink says 'One drink won't hurt you.'

This is exemplified by there being more than 65 million drinkers, and the number increasing rapidly.

A good example of the missing link is in a tract being widely distributed giving facts on alcoholism without promoting the necessity of educating children to prevent the first drink, causing the first stage of alcoholism.

*FACT ONE:* 'Some people can drink intoxicants over a long period of time without becoming addicts.' Using the word 'can' means that some drinkers 'can' control their drinking. This is contrary to science. No food or drink can be controlled after being taken internally. The 'fact' is unfinished. There is no definition for alcoholism. The question arises—Did the drinker die a shortened life because the alcohol caused the stoppage of the function of some important organ, such as the heart, liver or kidneys—which does happen.

Dr. Fleming of the Hartford Medical School, representing the U.S. with representatives from six other countries, agreed that 'No one is immune to alcoholism. Anyone that drinks enough alcohol over a long enough period will become an alcoholic.'

*FACT TWO:* 'Others become victims of alcoholism in the space of a few months.'

*FACT THREE:* 'Others drink moderately for years, then become alcoholics.'

We lack a definition of 'moderately' and 'alcoholism', alcoholics being noted liars who may 'cover up' their alcoholism for long periods of years.

### VARIATION OF SUSCEPTIBILITY

Fact one, being unfinished, cannot be considered.

Facts two and three illustrate the variation between individuals, which is one of the basic laws of biology. It may be said to come from inheritance. The fore brain which distinguishes man from the animal and is attacked first by alcohol, is being developed from infancy through adulthood. Heroin takes from two to six injections, morphine from five to forty. Naturally then, the younger the age at which the narcotic is imbibed, the greater the susceptibility.

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With alcohol the variation is so wide that one cannot be specific regarding 'average susceptibility, but as Dr. Fleming said: 'No one is immune to alcohol; it effects some persons quicker than others.'

*FACT FOUR:* Alcohol is a narcotic. When dealing with narcotics, moderation is a dangerous doctrine. The only guaranteed formula against alcoholism is total abstinence.

Again, what is 'Moderation'? 'Dangerous Doctrine.' Impossible' from the standpoint of control.

The four facts do not point out the extreme danger of the first drink. They deal with alcoholism as being the only result from drinking, when, as Dr. Emerson says, 'Deaths from alcoholism are the least of the harm alcohol causes. It is the constant and severe interference with human relations which is responsible for the major danger of alcohol to society today.' Alcohol is a major cause of poverty, broken homes, divorce, juvenile delinquency, vice, crime, accidents resulting in deaths and shortened lives, besides alcoholism.

(1) Dr. Starling, a psychologist says: 'The effect of the first drink of alcohol on the central nervous system is the first stage of alcoholism.'

(2) The first drink is the beginning of an altered individual: Alcohol depreciates character

(3) Alcohol Slavery—Drinker becoming subject to the effect of alcohol on the brain. Lincoln: 'Alcohol slavery is worse than the chattel slavery for which we fought.'

(4) Two positive delusions, which probably motivate nine out of ten who take the first drink to continue drinking, and unless they abstain they cannot by their will power prevent becoming involved in vice, crime, personal injuries and deaths, alcoholism, insanity, and shortened lives.

(a) One delusion is a false assurance, with or without alcohol in his system, that he, the drinker, can control his drinking and abstain at will.

(b) The other delusion is a false feeling of well being or flight from reality with an assurance that he can indefinitely experience the intoxication without harm to himself or others. Every drinker will claim that he can control his drinking, or he will say he started drinking with the delusion that he could control his drinking, but failed. Drinkers have many different alibis for drinking, but as Dr. Ditcher, after making six exhaustive investigations, states; 'Drinkers drink to get drunk.'

(c) These delusions are so effective that they close the drinker's mind to the effects of alcohol learned from history, science, newspapers, and the knowledge that their prototypes or men smarter than they have failed through believing they could control their drinking. Among them are well educated and highly intelligent persons with great responsibilities: priests, ministers, doctors, dentists, educators, scientists, lawyers, business men, manufacturers. Members of Congress, the executive branch of the government and officials, men and women in all walks of life, who are in every stage of drinking, including Skid Row. The two delusions which are the most important phase of abstinence education, because they are ever present in the drinker's mind to influence him to continue drinking. Only then does the harm result. Alcohol is no respecter of persons.

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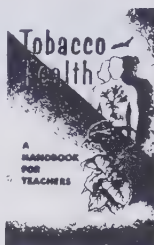


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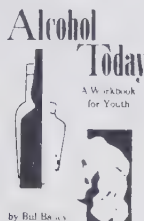
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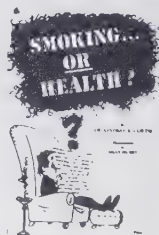
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# "TELL IT AS IT IS"



**Lindsay R. Curtis, M.D.**, is Assistant Clinical Professor of Obstetrics and Gynecology at the University of Utah College of Medicine. After receiving his M. D. degree from the University of Colorado in 1942 he served as a Captain in the Army Medical Corps. Active in various professional groups he is now past-president of the Utah Gynecological and Obstetrical Society and of the Ogden Surgical Society. He is a diplomat of the American Board of

Obstetrics and Gynecology, and fellow of the American College of Obstetrics and Gynecology. He has served as an alternate member of the Utah Board of Pardons.

Is an alcoholic ever cured? Not really. If he ever feels he is cured, this is a danger sign and often an indication that he is about to "slip" again. Only 50% of those who quit are able to "stay on the wagon" for five years or more.

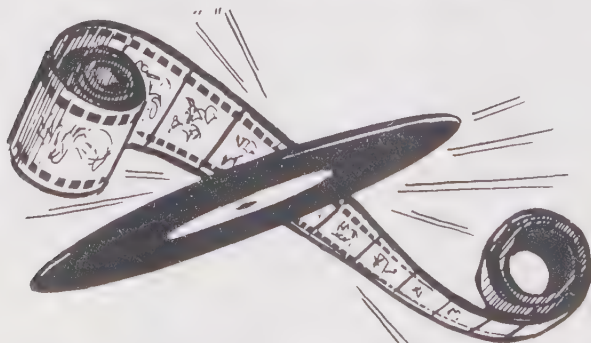
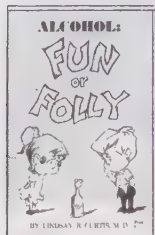
How do most young adults get started drinking? "Most high school students who use liquor—got their first drink in **THEIR OWN HOMES FROM THEIR OWN PARENTS** who also drink regularly and teach their children to do likewise," according to the 1963 White House Conference on Children and Youth. Moreover, one survey showed that:

**DRINKING PARENTS** have **DRINKING CHILDREN**.

**ABSTAINING PARENTS** are likely to have **ABSTAINING CHILDREN**.

At what age do most of the chronic alcoholics begin drinking? About 70% of them begin drinking as teenagers. Dr. Frederick Hudson, director of an alcoholic clinic in San Francisco has "patients as young as 11 years and other teenagers who are completely addicted to alcohol. These young people see drinking as a **NATURAL** way of life **AMONG THEIR PARENTS** who are prosperous enough to indulge in it at will. About 50% of alcoholics die before the age of 51. Only 71/2% live to be 70 years of age. The average life expectancy for them is 12 years less than for non-drinkers.

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- ALCOHOLIC RELEASE AND PUBLIC SAFETY**, Harry S. Warner, L.H.D. — A study in the "new understanding" series; discusses alcohol and the machine age. Paper; 16 pages; single copy, 20 cents.
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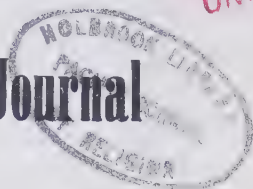
# SCIENTIFIC

LEVEL  
ONE

## Temperance



## Journal



Volume 77

December, 1969

No. 4

### Quotes from *ALERT* to help Youth

Be proud to be an abstainer. Take pleasure in knowing your personal example can then never lead another into alcoholism, drug addiction, gambling, obscenity.

Be proud of children and teens who have the good sense and moral judgment NOT to fall in the trap of drugs, beer, smoking, immorality—and tell them so.

Instead of sitting around wringing your hands about the drop-out types, fight for your own kids, and the millions of others who deserve a better future than a sick permissive society can offer.

Spend more time sharing positive forms of recreation with your kids. Take them hiking, swimming, fishing, mountain climbing.

Find a hard job that needs doing, like cleaning the yard or neighborhood of someone unable to do so, picking up trash to make your area more attractive, then do it together (with your youngsters) as a positive project for good.

Help someone of another race. Develop a respect and love for all God's children and grown-ups, and demonstrate it.

Never laugh at a drunk. Pity him or her. By doing this, you enlarge your own compassion for those with drinking or drug problems, and help stamp out the idea that drinking is fun, smart, a sign of "distinction".

#### I. BE INFORMED.

- A. Know the reasons why people drink.
- B. Know the effects of drinking, on the brain, on the body, on behavior.
- C. Know possible consequences of drinking. 1. Accidents, auto and other kinds, 2. Alcoholism, 3. Broken homes, 4. Poverty, 5. Crime, 6. Insanity, 7. Death.

#### II. PROVIDE CHILDREN WITH THE FACTS.

Facts are becoming increasingly available from many sources. Research is revealing new things at an increasing rate.

#### III. TEACH CHILDREN YOURSELF.

- A. Help them understand not only the facts but also worth while attitudes.
- B. Teach them how to say "No" politely but firmly. The pressures to drink are so great today that young people are not "free" to choose. Help them to make up their minds at an early age—before they have to face all the pressures.
- C. Teach them by example. The majority of children of abstaining parents are abstainers themselves, and the majority of children of an alcoholic parent become alcoholics.

#### IV. PROVIDE THEM WITH AN ATMOSPHERE OF LOVE AND ACCEPTANCE.

#### V. HELP THEM TO DEVELOP A SET OF WORTHWHILE GOALS AND LIFE PURPOSES.

#### VI. GIVE THEM OPPORTUNITIES FOR MAKING DECISIONS AND ACCEPTING RESPONSIBILITY.

Our freedoms will not survive unless standards of decency are restored.

**Morality.** Talk won't remove smut, but talk can be a powerful factor in forcing the general public to take a close look at the flood of putrid filth which has swept across our country.

Be wary of those who encourage you to have a drink. Ask yourself if they are really interested in your welfare or simply trying to help cover up their own insecurity.

## To Avoid Heart Attacks, Keep on the Move

Men who move their legs and muscles double their odds of escaping heart attacks, compared with sitters, a new study finds. And, if heart attacks do come, the sitters are four times more likely to die than men who are physically active.

For women as well as men, the risk of having an initial heart attack is twice as great if they smoke cigarettes as compared with non-smokers, the study said.

The odds of having a heart attack rise among persons who gain weight in adult life, the Health Insurance Plan (HIP) of New York City reports in its survey.

Men whose body weight was 15 percent or more above average had about a 50 percent greater risk of a first attack than men with a relative weight just under average.

For women, weight gains also increased the risk of heart attacks and of developing angina pectoris, the pains coming from a heart be-

ing starved for oxygen because of clogged heart arteries.

The findings are from a nine-year continuing study among 110,000 adults, age 35 to 64, insured by HIP. The study sought to identify habits of living that predispose to heart attacks, or that may protect against them.

Men, it says, are five times more likely to develop coronary attacks than women. The rate among women rises after age forty-four and the beginning of menopause.

The study pinpoints the danger of being physically inactive. "Men whose overall level of physical activity, as judged from their activities on and off the job, is rated as 'least active' have twice as high a rate of myocardial infarction heart attack as 'moderately active' men. Men classified as 'most active' show no advantage over those 'moderately active'."

The risk that a first heart attack will be quickly fatal was four times as high in the physically inactive group. The margin between least active and more active men in their rates for nonfatal attacks was considerably smaller, the study reported.

## Need More Drug Facts

In New York City, where youth drug addiction problems are so widespread, only 15 or 20 percent of the schoolchildren are being reached by instruction on the dangers of drug abuse, according to Martin Kotler, a deputy commissioner of the city's Addiction Services Agency.

And of the 15 or 20 percent a "much smaller number" is being reached effectively, he says.

"Distributing cards to kids saying 'Drugs are bad' just won't work. They'll tell you why drugs are good," he comments.

State law requires that the secondary schools give instruction on narcotics, but the level of instruction varies from school district to school district.

Irving Lang, a member of the State Narcotic Addiction Control Commission, observes that "effective education should be a more effective deterrent" against drug abuse "than penal sanctions."

"The vast majority of our population," he goes on, "might properly be called functionally illiterate with respect to authoritative information regarding dangerous drugs and their effects."

## Iran Opens Drug Gates

Ten thousand Iranian dope peddlers have been released by government order, but they will be shot by firing squads if they resume their trade.

Iran banned the cultivation, sale, and use of opium in 1955 but resumed cultivation of poppies this year in restricted quantities and under government control. During the 14-year ban, the government estimated it lost a billion dollars in revenue, while neighboring Turkey and Afghanistan increased their exports.

Some of the 10,000 dope peddlers had been sentenced to more than ten years in prison under the old law prohibiting possession of opium.

Under the new law, the government will issue permits to drug addicts to buy enough dope at government-controlled stores to support their habit. Persons without permits who are found possessing drugs will be sentenced to death.

LISTEN NEWS

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# SPEED

*Speed plus control enriches mankind,  
But speed without reins is Death driving  
blind.*

—Anonymous

## FOREWORD

Speed is essential to modern life, but it carries with it dangers and responsibilities. The automobile is at once a boon and a curse to American homes. Automobiles are turning our highways into a vast slaughter-house that grinds out one hundred lives per day. American young folks have their share in this tragedy. We ask you to take a personal interest in this matter. You and your generation can stop this massacre. Will you help? It is largely a personal problem for you and your fellows to solve.

## AN AGE OF SPEED

Most of you have been born in this age of speed and do not know the difference. Automobile, airplane, testify to man's desire and need for speed. In communication as well as in transportation, electricity has harnessed the world and has annihilated space. In business and in factory speed is the watchword of the hour. And this speed is desirable so long as we control it. Our job is to see that it does not control us.

## ITS BENEFITS

To modern life this speed is essential and in general brings blessings to all mankind. Production and distribution of life's luxuries and necessities require speed in increasing measure, and speed automatically brings to each of us a greater share of the good things of life. Modern speed saves time and energy that may be turned to production or to enjoyable leisure and recreation. This transformation is constantly occurring. Man's working hours have shifted from twelve, to ten, to eight hours per day, and the end is not in sight.

## ITS DANGERS

Speed has its dangers as well as its blessings. As individuals we accept the dangers as well as the blessings without giving much thought to their origin. We accept the automobile as a beautiful piece of mechanical perfection that contributes much to the pleasure and convenience of life. Responsive to our wishes under perfect control it skims along the highway at seventy miles per hour on business or on pleasure bent. Ten seconds later it may deal death and destruction to us, to our friends, and to innocent bystanders. Uncontrolled speed has shown its teeth again. Yet in all fields of life man goes on continually seeking speed and more speed.

## LIVING UNDER PRESSURE

"The world is too much with us. Late and soon we lay waste our powers, getting and spending." These lines were written by a poet a century ago as a protest against the excessive speed in living of his day. What would he say now? The physical, mental, and nervous mechanism of man has not changed since Eve ate the apple in the Garden of Eden and put the rest of us to work. The human machine finds it hard to keep pace with the speed man has created. Medical statistics seem to bear out the belief that we live under too much pressure, that we rest and think too little. As evidence, physicians point to an increasing number of nervous breakdowns, to the increasing number of deaths due to heart failure, to the increasing use of sedatives, and so on. We have more time for leisure, but even our leisure takes the form of energy-using speed. Speed uncontrolled becomes definitely detrimental.

## PUTTING ON THE BRAKES

The foregoing paragraphs have been



more or less general; in the succeeding paragraphs in this chapter we shall endeavor to particularize, to apply these general truths to you. We wish we had the skill, the opportunity, and the time to discuss speed with each of you individually to the end that we might help you to a more sane use of your own braking power. But after all we could help you little because you personally are in charge of your own trip through life. You will have to learn your own capacity, you will have to recognize danger signals for yourself, and you will have to apply your own brakes. But don't think you can drive through life safely without good brakes.

### THE AUTOMOBILE PROBLEM

In this article we wish to emphasize one specific speed problem, that of the automobile. We bring the automobile into the limelight because most of you know it and use it and because it is today destroying valuable lives in America at the rate of one death every ten minutes. In addition to death and injury, the automobile presents a personal problem to parents to the extent that it causes family friction, entails additional expense, gives young folks wide freedom from proper restraint, and is otherwise a source of argument between parent and youth. Modern life demands that sooner or later you drive a car. The law usually requires that you be of certain age and in some states requires some additional evidence of capability. But for the most part laws do not prevent and foolish parents permit boys and girls to drive cars who in many instances are mentally and physically incapable of properly handling a car. We are speaking now directly to you not because we think older people are so much better drivers, but because we think you can be reached and helped much more quickly than can your death-driving elders. In other words we believe the average high school student can take advice.

### STARTLING STATISTICS

We wish each of you might read "Sudden Death and How to Avoid it"\* by J. C. Furnas and Ernest N. Smith. In gory detail it vividly pictures all forms of sudden death from automobiles. It does not hesitate to describe dismembered bodies, mangled limbs, crushed skulls, and dying shrieks for help. It tries to make you see your possibilities as a killer and as a victim. Every day your daily paper recounts such accidents, but **because they are so common**, you pay little attention unless some of your people are slaughtered. Each year automobiles in America kill thirty-six thousand people, one hundred every day. In the same period they injure one million people, about three thousand per day. Eighteen per cent of all deaths occur at street intersections, twenty-three per cent between intersections, and thirty-eight per cent in the open highways. In town the per cent of injuries is higher than the per cent of the deaths. On open highways the reverse is true. On highway curves occur four per cent of the injuries and eleven per cent of the deaths. Most injuries occur between five and six o'clock in the evening, most deaths between seven and nine o'clock in the evening. Can you account for this? More drivers are killed between one and six o'clock in the morning. Get the figures on traffic accidents in your community or state for the last four or five years. Draw some conclusions for yourself.

### YOUR PERSONAL PROBLEM

Reading statistics won't stop this slaughter. But intelligent thought and resolve may help. You may or may not have free access to an automobile. You may bitterly resent fancied parental injustice in some refusal to let you use the car. Yet you are intelligent enough to know that in most cases the parents

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\*Published by Simon and Schuster, New York.

are right. But much of the time many of you get to drive. And when you are at the wheel, you are in control. Upon what you do depends the safety of those with you and of all others on the highway. Results depend upon you but responsibility in the end rests upon your parents. Remember this the next time they refuse you to car. And when you do get the car, remember your personal responsibility to yourself, to your family, and to society. Are you personally at the wheel of an automobile a potential killer?

### SUICIDE, MANSLAUGHTER, AND MURDER AT THE WHEEL

Read this heading over. The words mean just what they say and they may very definitely apply to you. If you drive recklessly, if you disobey traffic laws, if you are a speeder or "joy-rider," if you are incompetent physically or mentally, if you have an unsafe car, you should not drive at all. **Murder** is a strong word but it might almost justly be applied to those of you who persistently and continually drive a car in the manner just described. Murder implies intent and premeditation in the commission of a crime. Reckless drivers, knowingly reckless, are almost murderers when they kill. And sooner or later such drivers usually kill themselves or some helpless bystander or companion.

### SLAUGHTERING A FRIEND

It is inconceivable that any of you would take a shotgun and just for a thrill keeping shooting over the head of a friend to see how close you might come to him. Yet boys and girls of high school age constantly take the same risks with an automobile. When you load your car with friends, sometimes with three or four in the front seat, you are in a sense pointing a shotgun at their heads. When you speed and otherwise drive recklessly with your friends, you are risking their lives as well as your own. The daily papers give constant testimony to the truth of these statements.

Too many gay high school parties are being spoiled by automobile tragedies. You can help to prevent such tragedies by firmly, decently, and intelligently resolving that by influence and example you will do your bit to check this wholesale slaughter of friends.

#### Some Do's and Don't's

1. Do not ride in or drive a car mechanically defective. Better walk or stay home.
2. Keep out of overcrowded cars and especially do not permit the driver to be crowded.
3. Refuse to ride with incompetent or reckless drivers.
4. Drive more slowly at night. You seldom are pressed for time so there isn't any sense hurrying to meet the undertaker.
5. Don't think the open highway is an invitation for excessive speed. Most fatalities occur there.
6. Slow down at curves and never overtake a car on a curve. At curves the per cent of injured is small because the per cent of fatalities is large.
7. Observe signs and signals. Be especially watchful on strange roads. Learn to give proper signals yourself.
8. Know traffic laws and obey them. It is unusually foolish to die through ignorance.
9. Crossroads are always a source of danger. Don't join the suicide club by assuming you have the right of way.
10. Do not drink intoxicating liquors any time, but under no circumstance drive a car if you have used liquor. All evidence shows that alcohol and gasoline do not mix.
11. Don't "show off." Many high school fatalities are directly due to "smart-aleck" driving. If you are that kind of brainless driver, get a

- pusheart and practice in a cow-pasture.
12. Never drive any car without proper permission. In addition to ordinary risks you may make yourself liable to criminal prosecution.
  13. Good drivers are especially cautious on bad roads. Don't forget that under certain conditions all cars will skid. A skidding car is out of control and an automobile out of control is ready to deal death.
  14. Drive comfortably. Do not drive when tired. Never park on a highway if you can avoid it. Especially keep this in mind at night.
  15. Learn to park a car properly when you leave it. Be especially careful about leaving cars parked on grades. In addition to setting the brake, leave your car in gear.
  16. Read all you can about safe driving and make certain safety rules habitual with you.
  17. Endeavor to promote safe driving among your friends by tactful suggestions. Have sufficient courage to protest against recklessness.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION  
(Act of October 23, 1962; Section 4369, Title 39, United States Code)

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  7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.)  
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- The purpose, function and nonprofit status of this organization and the exempt status for Federal Income tax purposes

10. Extent and Nature of Circulation	Average No. Copies Each Issue During Preceding 12 Months	Single Issue Nearest To Filing Date	X Have not changed during preceding 12 months
A. Total No. Copies (Net Press Run)			
B. Paid Circulation	25,000	25,000	
1. Sales through Dealers and Carriers, Street Vendors & Counter Sales	—	—	
2. Mail Subscriptions	23,868	23,868	
C. Total Paid Circulation	23,868	23,868	
D. Free Distribution (including samples) by Mail, Carrier or Other Means	—	—	
E. Total Distribution (Sum of C and D)	23,868	23,868	
F. Office Use, Left-over, Unaccounted, Spoiled after Printing	1,132	1,132	
G. Total (Sum of E & G — should equal net press run shown in A)	25,000	25,000	

I certify that the statements made by me above are correct and complete.

E. H. DAILEY, PRESIDENT  
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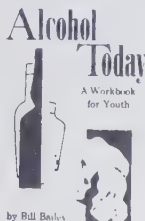
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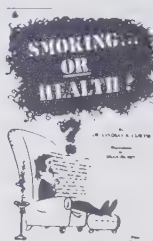
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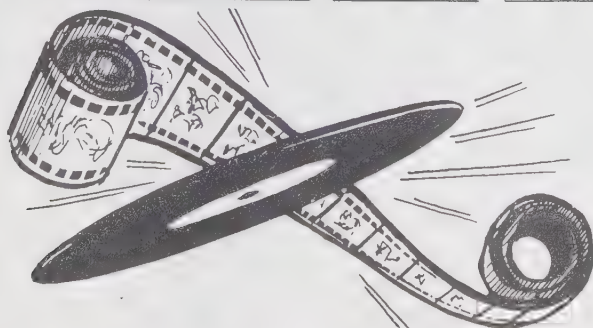
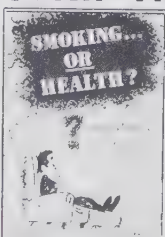
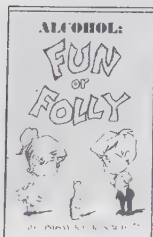
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# SCIENTIFIC

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## Temperance



## Journal

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Volume 78

April, 1970

No. 1

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*You Shall Know The Truth*  
*—And The Truth Shall Make You Free*

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.

EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 78

April, 1970

No. 1

## YOU CAN SAY *No, Thank You'*



**"Let no one despise your youth, but set an example  
in speech and conduct, in love, in faith, in purity."**

Published four times during the school year — by The Temperance Education  
Foundation, Inc., at Westerville, Ohio 43081

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage  
16 cents additional.

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under the Act of March 3, 1879

## TREMENDOUS PRESSURE BEING PUT UPON YOUNG PEOPLE TO DRINK

Tremendous pressure is being put upon young people today to accept the use of alcoholic beverages in a social way as a necessary part of modern living. Millions of dollars are being poured out for publicity through newspapers, billboards, magazines, radio, television, the movies — all setting forth, insidiously, with diabolical cleverness, the idea that it is “smart” to drink, that it is “the thing” to do, that “men of distinction” could never make their way to the top without social drinking, that “beer belongs,” that, in short, alcoholic beverages are an essential part of our American way of life.

It is natural for young people to want to be popular. It is a natural tendency to go along with the crowd, to do what others are doing and think what they are thinking. If the standards of the group are right, then this is all right. But when an inner small voice says “Don’t do that! It’s wrong,” then it is time to turn away from the urgings of the group and stand up for what we know in our own hearts is right and fine.

## DON’T SACRIFICE PRINCIPLE FOR POPULARITY

In school, in college, in social life, in politics, in business, and in everything else, the person who follows a leader and does things with which his own conscience does not agree, is taking the first step, **not** toward success but toward being held in contempt even by those whom he follows. The crowd admires leaders who know where they are going, who stand for right and principle, and even the crowd looks with contempt on those who follow along like sheep because they haven’t enough backbone to take a stand. The person who says “No” because of principle will never lose the confidence of his friends.

## GREAT MEN NEVER HESITATE TO TAKE A FIRM STAND FOR PRINCIPLE

We admire George Washington and Abraham Lincoln because they had high ideals and after they had carefully mapped out their course of action they let **nothing** prevent them from carrying it out. No opposition, no jeers, no ridicule, no armed force, could overcome them. America today needs desperately, millions of strong, brave, conscientious young people who will live for high ideals and Christian principles.



## GREAT ABSTAINERS OF TODAY

Henry Ford was a lifelong abstainer.

Thomas A. Edison said: "I do not drink alcoholic liquors. I have a better use for my head. To put alcohol into the human brain is like putting sand into the bearings of an engine."

Luther Burbank, the Plant Wizard, never would employ any one who either drank or smoked, because, as he said, the slightest use of alcohol or tobacco would dull the sensitive touch which was needed for one who worked with flowers and plants.

Roger Babson, the international authority on statistics and economics, was a total abstainer.

Dr. Andrew C. Ivy, Vice-President of the University of Illinois, known as the discoverer of two hormones, recently stated: "I'm notorious as being a 'teetotaler' in all circles with which I come into contact."

"I've never taken a cocktail. I learned a long time ago that the easiest way to do it is to smile and say, 'No, I'm a teetotaler. I'm an abstainer. I don't believe in it.'

"We try to prevent the production of alcoholics by practicing total abstinence. When society does produce alcoholics, we come forward to try to take care of them and to cure them.

"When it comes to things that lead to real evil we must have the courage of our convictions. We have to manifest courage in any situation where we have to win the fight. On the battlefield we have to manifest courage. This is a battlefield. The battle is with alcohol and the misery it produces. We have to manifest courage in regard to that."

The great Christian business man, J. C. Penney, head of the stores which bear his name, is an abstainer. "Hereafter, I am afraid it will have to be plain water or tomato juice for me."

Mr. Fred Wilcutt, Senior Engineer of the Washington Potomac Electric Power Co., a Marine, said:

"I've attended parties with a lot of brass. They offered me drinks and I just said, 'No, thanks, I'll take a coke if you have one. If you don't, water will be all right.'"

"I haven't had any trouble. And I've yet to have my first drink."

Dr. Richard Kennan, Director Defense Committee, National Education Association says: "I don't find any problem in refusing

a drink. My work deals with laymen as well as with educators and there is a good deal more liquor served than I like to see.

"But I don't find any problem because I've always said when I'm offered a drink. 'No, thanks, I'm too thirsty for that, I'd rather have a good, tall glass of water if you have it handy,' and usually they have. And more and more frequently I find folks say, 'We've got water all right, but how about a coke or some fruit juice?' They seem to like it when you take that attitude. They seem to have more respect for you and the work that you are doing if you take that point of view."

**FOR YOUR OWN SAKE AND FOR THE FUTURE OF  
OUR NATION, SAY "NO" TO ALL THAT IS HARMFUL.  
YOU CAN SAY "NO, THANK YOU."**

### ***The Choice Is Yours***

A new color film featuring Dr. Andrew C. Ivy, Distinguished Professor Emeritus, University of Illinois, and Director of the Ivy Cancer Research Foundation, together with a cast of seven, including students, two TV personalities, and a representative of the military. "The Choice Is Yours," a White Ribbon Production, shows the physical effects of alcohol. Suitable for junior and senior high schools; **16 mm sound, full color; time, 24 minutes.**

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QUOTES from

# Dr. Raymond Vey **TO HELP** Youth

*"Youth Today Are Facing Toward The Sky"*

The Poet puts it this way:

"I am an Eagle born to fly  
Up stellar highways of the sky  
Along the Milky Way where blaze  
New days, new dawns, new planets.  
I am man-born, God led, sky-bent,  
Almost omnipotent.

"Years ago Jesus addressed a group of young men who were interested in the affairs of that day. If he were addressing you or me today He might well say, "Launch out into the sky. Go farther and higher. Don't be content to stay down in the valley; get into the stratosphere. Rise, test your wings, soar into the universe, pursue the skyway that leads to the golden gates. When we are SKY-BENT, reaching out after God, then we become almost omnipotent."

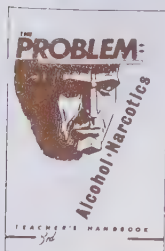
— Dr. Raymond M. Vey, well known Editor of  
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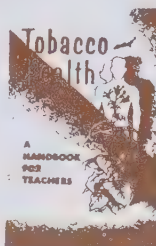


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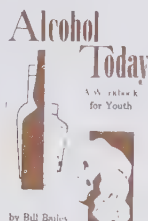
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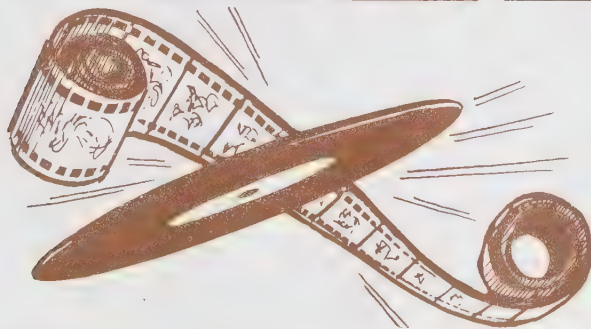
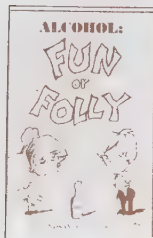
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# SCIENTIFIC

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## Temperance



## Journal

Volume 78

June, 1970

No. 2



"SKY-BENT" by Dr. Raymond M. Veh

# SCIENTIFIC TEMPERANCE JOURNAL

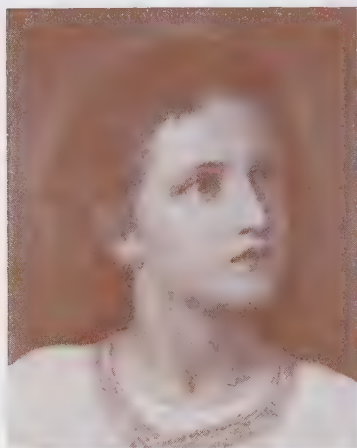
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EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 78

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No. 2



"Youth today are facing toward the sky. The most popular place in the community is the airport. The most sought-after profession is aviation. The national and international heroes of today are the world's astronauts.

Back in 1927, the whole world was thrilled with the daring exploit of a 25-year-old aviator. He took off from our shores, spanned the Atlantic in 33 hours and 39 minutes, and landed at Le Bourget Field in Paris to receive the acclaim of the world. Charles A. Lindbergh became the hero of unknown millions of youth.

In the years since then Americans have followed breathlessly Admiral Byrd on his flight into the Arctic

wastes; Hugo Eckener in his globe-circling with the Graf Zeppelin; Amelia Earhart on her solo jaunt, Wiley Post breaking the round-the-world record, the first projection toward the moon of Sputnik, Explorer, and many other lunar and space probes, and in recent months Apollo VIII, IX, X, the landing by our daring astronauts of Apollo XI on the moon's surface [followed by Apollo XII, and Apollo XIII].

Who but recalls the description by Astronaut James Lovell on Apollo VIII of the "earth rise" from the moon? Millions were thrilled as Mission Commander Frank Borman read a prayer and the opening words of the Book of Genesis during the Christmas week flight which marked a giant step in man's march toward the stars. Then Commander Tom Stafford and Lunar Module Pilot Gene Cernan of Apollo X mission last May barnstormed the moon from nine miles up, paving the way for Neil Armstrong and Edwin E. Aldrin Jr. of the Apollo XI flight to set their spindle-legged aluminum craft down in the Sea of Tranquility for the historic first lunar landing as recently as July 20, 1969."—Dr. Veh in "Sky-Bent"

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# Behold, What God in Christ Hath Wrought!

*(A brief account of Scientific Temperance Programs given in the public schools during the past 15 years in about 25 counties of northern Illinois, (excluding Chicago, and the closer suburbs,) by Rev. Leslie E. Gabel, of Naperville, Ill., through the Temperance Education Foundation, Inc., of Westerville, Ohio 43081.)*

Many hundreds of years ago, Saul, the first king of Israel; after a great victory over one of their enemies; said, "For today the Lord has wrought deliverance in Israel." I Samuel 11:13. Just a few years ago this same land of Israel also experienced a great victory over their threatening enemies. But, the same enemies are still there, and still threatening.

From a survey of our weekly reports, and other records, I find that over 391,000 pupils of high school and upper grade age have been given our scientific, visual programs on **Alcohol, Smoking, and Narcotic Drugs**, during the past 15 years, through the Temperance Education Foundation, Inc., of Westerville, Ohio. Then in addition to the programs given in the schools, thousands of very well illustrated books, and posters, have been placed in the school libraries, besides many hundreds of thousands of little souvenirs given to the pupils, and all of this without any charge to the schools.

Truly, we can say, "Behold, What God Hath Wrought!" This is a cooperative endeavor of church people of most denominations, with hundreds of faithful, and loyal contributors in almost all communities who support this work regularly. While it is not spectacular, yet it is effective, and needs to be continued. For the enemies of our youth are still here, and still threatening.

Our work is prevention, rather than trying to take care of the results that so often follow the use of tobacco, liquor, or drugs. With very attentive pupils; and a visual presentation, followed with a discussion forum, and opportunity for questions, that has proven to be very helpful; only the Almighty, Omniscient God



knows what the results will eventually be. But I have received many dozens of letters of appreciation from principals, teachers, and pupils.

Many hundreds of teachers, and students, have come to me after the programs and expressed their appreciation for the programs, and have often spoken of the need for such programs being given. So many of the upper grade pupils have told me that they were never going to start smoking or drinking. Many hundreds of these boys and girls have stated that they would never use any of the narcotic drugs. And today many of the loyal contributors to our work, were in the classes where I gave programs from ten to fifteen years ago.

As the one out on the field, and actively promoting this work, it does require long hours spent on the job. The work is very varied, requiring time spent calling on pastors, so as to arrange for church services. Then at the beginning of the school year I spend about a month's time calling on the superintendents and principals so as to arrange dates for our school programs for the entire year. Previous to that I contact the County Supt's of Schools, and explaining our programs, and the books offered to the schools, I get letters of introduction, and often highly recommending our programs, to the school superintendents, and principals.

Then during the school hours, I present the scientific, visual program, entitled, "**Youth Citizenship Movement,**" to the schools previously dated. In larger schools I usually work through the P. E. & Health, or Science Classes, and with two different sessions with each group of pupils, often with combined classes, I may spend from two to six days in a single school, with 6, 7, or 8 sessions of from 40 to 55 minutes, each day. In schools with smaller enrollments, we may have an assembly for the first visual aids session, and then the discussion forums with smaller groups following.

During the first session in the schools, we begin with Citizenship, explaining with large colored charts what is involved in being a good American, and then we introduce our visual presentation on Alcohol, Smoking, and Narcotic Drugs. The color, cartoon

film strips, with sound, entitled, "Smoking: Or Health," "Alcohol: Fun Or Folly," and "L. S. D.: Trip Or Trap," are then shown to end the first session.

In the second session we furnish discussion sheets to all the pupils, which are theirs to keep for future use. With blank spaces in each of the 20 sentences, and a choice of two words supplied, each pupil writes in the correct word, as the reason for the answer is explained scientifically, often using large colored charts to explain the reasons. Questions are answered, and the pupils are told of the books placed in the schools, and the little souvenir booklets, "Ethyl Is Not A Lady," and "Sports Notebook," are available for all high school pupils to take if desired. The junior high school and upper grade pupils are all furnished the "Sports Notebooks," and the "Little Rules & Bookmark," which are always much appreciated.

In addition to speaking in Churches and Sunday Schools, and sometimes to other groups, where donations to our work are often permitted, (and this is the way we usually get new contributors for the support of our work.) perhaps the most important work is the raising of the needed funds to finance the work in the schools. This is done through regularly contacting hundreds of interested church people, and giving them an opportunity to share in this work. Without these loyal contributors, our work in the public schools would not have been possible. We have also appreciated their prayer support.

During the past 15 years over \$155,000.00 has been raised to support the educational work in the public schools. Of this amount \$43,680.00 has been paid for the books placed in schools, and for the souvenirs given to the pupils, and other basic costs. The amount used for salary and expenses, which are the bigger cost items, (while not paid in full up to the present time, yet they have always been sufficient to supply all of our needs,) total over \$64,000.00 for salary, and \$48,345.00 for expenses for the past 15 years. I have found the promise to be true, as stated by Paul in Philippians 4:19, "And my God will supply every need of yours according to His riches in glory in Christ Jesus." Again I say, **"Behold, What God Hath Wrought!"**



# Youth Take Over

SOS—Stamp Out Stupidity. This is the motto of an exciting "of the kids, by the kids, for the kids" effort against the rapidly increasing use of narcotics.

Smart Set International, or Smarteens as it is also known, aims to make the nonuse of drugs and narcotics attractive to young adults. The idea is that not all advertising is good advertising, but good advertising is the most effective way yet invented by man of promoting a good cause.

Smart Set started as an on-campus club at Granada Hills High School, largest in Los Angeles, to help young people stamp out the use of drugs in their schools. Its founder, Robert K. Squire, talked to many members of the establishment and decided that the drug problem must be solved by young people who care about the next person. His answer: peer pressure, making it the heavy scene NOT to use drugs and making the people who use drugs feel out of it.

"We are trying to form a new mod: I am too smart to use that kind of crud."

Squire believes that adults, the police department, or schools cannot effectively keep students from using narcotics. "We know that as adults we do not communicate. You kids know there is a problem in schools among teenagers; it's up to you to do something about it," he challenges.

"The angle we're using is that if you don't use drugs you're a pretty smart

guy, and if you do you are an idiot."

"A funny thing happened when the originators of Smart Set started to get involved," says Sharon Lanham, national teen director. "They liked the idea of wanting to help by doing their own thing about the bummer called drugs—they liked Smart Set."

The initial group approved poster ideas, the name, and the design for a lapel pin shaped like a foot with the letters SOS on it ("Stamp Out Stupidity" or sometimes "Speak Out Sensibly").

Then Smart Set started to grow, and other kids got involved. Chapters and clubs started springing up all over the country. Smarteens started using the SOS feet (Happy Toes, Smarteens call them) on cars, books, windows. And the psychedelic posters started popping up in schoolrooms, usually by the clocks, because that's where students look most often.

Some of the poster captions read: "Speed Kills—Don't Meth Around," "Drugs—the Latest Fashion for Swingers" (with a picture of a big noose), "When Flower Children Go to Pot They Become Blooming Idiots," "Bennies, Breakfast of Chumpions," and "Flower Power Stamps Out 'Weeds.'"

School administrators and police all over the country have noticed a decrease in juvenile drug arrests. In El Paso, Texas, Smart Set had been working in El Paso schools for only about four months, and only four of ninety-two drug arrests were of people under sixteen years of age.

Jack Webb, the star of television's "Dragnet," thought Smart Set was "so groovy" that he devoted an episode of "Dragnet" to the Smart Set program, its origin, and its current work. Through this episode adults got interested to see if the young people in their communities could get what was happening.

Smart Set also publishes a monthly magazine called "Scene" to exchange SOS club news from all over the country. "Scene" also runs articles about entertainment and sports personalities.

An El Paso physician involved with Smart Set reports on a survey of young adults to find out what they want, and

to find a method of granting that need. This survey has shown that:

1. Most young adults do not want to use drugs or narcotics, but they feel impelled to join the crowd because it is the "in" thing to do.

2. Many teenagers welcome any kind of program that puts the onus of stupidity and "outness" on the pseudo "in" crowd.

3. Young adults dislike being talked down to, scolded, or being preached to.

4. Young adults dislike being told of the horrors of narcotics and drugs, particularly by someone who is a habitual user of alcohol—who excuses his own hang-ups and puts down theirs.

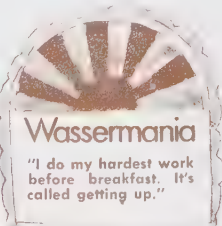
5. Young adults hate hypocrisy, even though many of the users of narcotics practice it in the name of freedom, tolerance, or love.

6. Young adults like to be considered intelligent, smart, and "on the ball."

7. Most young adults accept and welcome a program that points out how smart they are—that they are too smart to buy narcotics—and also points out without preaching, but through either common sense or ridicule, the fallacy of the drug takers' philosophy.

Young people in SOS clubs have done even more than curb drug usage in their schools, although they've done a good job of that too. One chapter put drug information into Braille for the blind students that attend their school. Others are involved with civic pride and community service, mainly to show the establishment that they're getting together and doing something about one of the major problems in our country today.

Smart Set invites inquiries about trying its new program—address Smart Set International, Inc., P.O. Box 31, Hollywood, California 90028.

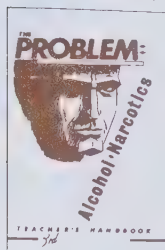


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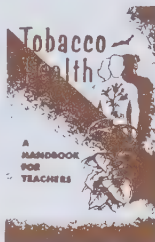


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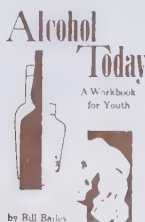
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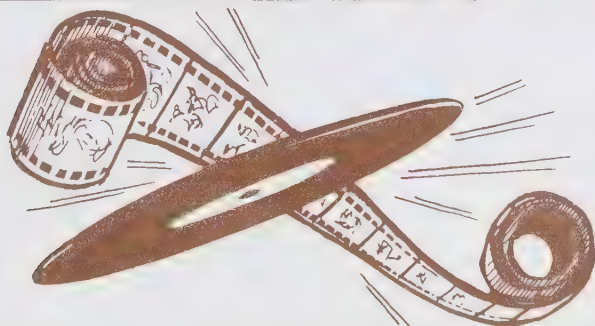
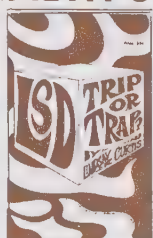
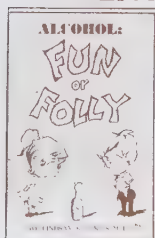
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- RULER-BOOKMARK.** — Six-inch ruler in two colors, on heavy, glazed paper stock; inscribed on front and back with information regarding health and alcohol; excellent for free distribution to teen-agers, junior high schools, etc. Price: \$2.00 per 100.
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# SCIENTIFIC

Temperance



Journal

LEVEL  
ONE

Volume 78

October, 1970

No. 3

## THE AVERAGE EFFECTS OF ALCOHOL

### 1-2 BOTTLES OF BEER or COCKTAILS

- FLUSHING OF THE SKIN
- INHIBITIONS BEGIN TO RECEDE
- HEART SPEEDS UP • GAIETY

BLOOD-ALCOHOL  
LEVEL

4

100's of 1%

### 3-4 BOTTLES OF BEER or COCKTAILS

- JUDGMENT IS SLOWER
- GIDDINESS
- COORDINATION IS A BIT OFF...

BLOOD-ALCOHOL  
LEVEL

6

100's of 1%

### 5-6 BOTTLES OF BEER or COCKTAILS

- VISION A BIT BLURRED
- SPEECH A LITTLE FUZZY
- REACTION TIME SLOWED

BLOOD-ALCOHOL  
LEVEL

10

100's of 1%

### 6-8 BOTTLES OF BEER or COCKTAILS

- STAGGERING • SEEING DOUBLE
- LOSS OF BALANCE

BLOOD-ALCOHOL  
LEVEL

16

100's of 1%

### 15-20 BOTTLES OF BEER or COCKTAILS

- SKIN IS CLAMMY • PUPILS ARE DILATED • UNCONSCIOUSNESS

BLOOD-ALCOHOL  
LEVEL

40

100's of 1%

### 20-25 BOTTLES OF BEER or COCKTAILS

- ALCOHOLIC POISONING - DEATH

ALCOHOL  
LEVEL

50

100's of 1%

# SCIENTIFIC TEMPERANCE JOURNAL

Edited by the Temperance Education Foundation, Inc.

EDITORIAL OFFICES: WESTERVILLE, OHIO 43081

Volume 78

October, 1970

No. 3

**Of Interest to Graduate Researchers:  
Ph.D. Granted by University of Southern California**

**LOMA LINDA UNIVERSITY**



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DEPARTMENT OF SPEECH

February 25, 1969

Rev. E. H. Dailey, President  
The Temperance Education Foundation, Inc.  
110 South State Street  
Westerville, Ohio

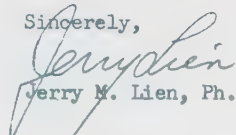
Dear Reverend Dailey:

Under separate cover, I am sending you a copy of my dissertation, "The Speech-making of the Anti-Saloon League of America." Please accept it with my compliments as a token of appreciation for your cooperation and help. Without your kindness, helpfulness, cooperation, and graciousness such a definitive study could not have been done.

Of course, I am anxious to hear your reaction to it. While as an objective scholar I had to "tell it like it is," as they say today, yet I think I was fair in my approach. You will note no scorn nor disdain. Rather, you will detect respect for the movement in general; and recognition of the vision, practicality, and effectiveness of the League in particular.

Thank you again for your cooperation. My friendship with you and the month of research which I spent in Westerville stand out as high points in my doctoral program. If ever I travel east by car, I'll drop by the office and say hello.

Sincerely,

  
Jerry M. Lien, Ph.D.

P.S. Should the Westerville Memorial Library desire a copy of the dissertation, I'll be glad to secure a duplicate of yours from Ann Arbor, Michigan. The cost with postage will be just a little over twenty-five dollars.

Published four times during the school year — by The Temperance Education Foundation, Inc., at Westerville, Ohio 43081

Price \$1.50 the year. Canadian postage 8 cents additional, and foreign postage 16 cents additional.

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The University of Western Ontario, London 72, Canada

Faculty of Social Science  
Department of History

November 3rd, 1970

Reverend E. H. Dailey  
President, Temperance Education  
Foundation  
110 South State Street  
P.O. Box 231  
Westerville, Ohio

Dear Reverend Dailey:

I have ordered from University Microfilms one copy of my doctoral dissertation, "Prohibition and Virginia Politics, 1901-1916" (Duke University, 1965) in which you expressed some interest during my visit to Westerville last August. Please accept this copy with my compliments. I am pleased to have my work included among the holdings of your excellent library of temperance literature and sources. I hope that you will find it of interest.

This year I have another student who wishes to write a Master's thesis on some aspect of the temperance movement. The student in question is a young lady from England, who has come to Canada for a year of study and who is especially interested in American history. She wants to do a thesis on the World League Against Alcoholism, and she is particularly interested in the career of Dr. Ernest H. Cherrington.

I would appreciate it very much if you would give this student, whose name is Susan Brooks, permission to examine the relevant materials in the Cherrington papers at the Foundation. I think it very important that she go to Westerville early in her research, and with your approval I shall encourage her to spend a week at the Foundation during the Christmas holiday period. I think it likely that she could arrange to be in Westerville the week of December 14th. Would that be a convenient time for you? If accommodations could be arranged at the Dolly Madison House, that would be greatly appreciated.

Please let me know if this tentative arrangement is satisfactory. When Miss Brooks' plans are firm, I will have her write to you.

Incidentally, Mr. Steven Medley, one of the two young men who worked at the Foundation last May, has completed his M.A. thesis on the campaign to protect the health and morals of the American servicemen during World War I, and it is a first-rate piece of work. Steve's thesis was greatly strengthened by his research at the Foundation, and I wish to thank you once again for allowing him access to materials there. I hope to arrange to have a copy of this thesis sent to you, in order that it may be added to the Foundation's library holdings.

I trust that Election Day finds you in good health and spirits. With best wishes,

Sincerely,

Robert A. Hohner,  
Associate Professor

RAH/jd



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# SCIENTIFIC

Temperance



Journal

LEVEL  
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Volume 78

December, 1970

No. 4

## The Rights of the Child

By P. E. SELBY



The DECLARATION of the Rights of the Child has appeared in thirty-eight languages in a brochure issued by the International Union of Child Welfare, Genoa, Switzerland. It was Eglantyne Jebb, the Founder of the "Save the Children Movement," who first thought of formulating the declaration of rights of the child.

1. **THE CHILD** must be protected beyond and above all considerations of race, nationality or creed.
2. **THE CHILD** must be cared for with due respect for the family as an entity.
3. **THE CHILD** must be given the means requisite for its normal development, materially, morally, and spiritually.
4. **THE CHILD** that is hungry must be fed; the child that is sick must be nursed; the child that is physically or mentally handicapped must be helped; the maladjusted child must be re-educated; the orphan and the waif must be sheltered and succoured.
5. **THE CHILD** must be the first to receive relief in times of distress.
6. **THE CHILD** must enjoy the full benefits provided by social welfare and social security schemes; the child must receive a training that will enable it, at the right time, to earn a livelihood, and must be protected against every form of exploitation.
7. **THE CHILD** must be brought up in the consciousness that its talents must be devoted to the service of fellow-men.

The child to benefit effectively from fulfilling the above declaration must have the right example and adequate education so the child will become instilled with a determination never to take the first drink of alcoholic liquor. "He who loves youth, hates alcohol!"

## Editorial

Five men appointed in 1968 are serving on the LeDain Commission of Inquiry in Canada to look into all aspects of the non-medical use of drugs.

Interim reports of the commission's findings leave no doubt that illicit drug use, particularly among young people, is growing rapidly in Canada. In this respect Canada is no different from many other countries.

Most significant, however, is the finding based on studies of more than 30,000 pre-high and high school students pointing up that the heavier the parental use of drugs the more likely a child will be a user of psychoactive and illicit drugs.

One study showed that 33 percent of marijuana users have mothers who use barbiturates, about 20 percent have mothers who use stimulants, and 36 percent have mothers who use tranquilizers.

"Speed" shows an even more dramatic relationship between parental and child drug use—46 percent of the mothers of speed users take tranquilizers, 32 percent use stimulants, and 43 percent use barbiturates.

"Such findings carry very direct implications for parents and for education," comments H. David Archibald, director of the Addiction Research Foundation in Toronto. "They certainly suggest that educational methods will have to involve parents to a much greater degree than has been done so far."

The basic principle of "like parents, like children" is being recognized more and more in relation to the drug problem.

Dr. John Ramsey, psychiatrist in San Antonio, Texas, an area where some 50 percent of high school students have tried dope and 10 percent are steady users, says that in addition to drug education for youngsters, adult education programs would be "most, most helpful."

Another psychologist in the same area emphasizes that "parents need to realize they are responsible for the way their children turn out."

A five-month survey of drug use in Port Washington, Long Island, found that parents' habits were a major factor in student drug use. Survey questions included queries about parental drinking habits, smoking, and the use of such drugs as sleeping pills.

"Parents' habits which showed the greatest effect were drinking habits," the study summarized, "specifically how many drinks the parents have when they drink and how often they get drunk."

Students who had seen their mothers drink at some time or another had a much greater tendency to use drugs than did those whose mothers were nonusers of alcohol.

It seems axiomatic that children learn from their parents, but this relationship is too often forgotten by parents themselves when they search for reasons why their children become involved in the drug scene.

Often one of the reasons—perhaps the major one—lies at their own doorstep. For this reason it is becoming all the more important that drug education be directed as much to adults as to the youth—or even more.

—Francis A. Soper in



# Prevention

By Charles L. Odom, Ph.D.

The idea of prevention is becoming very important in many areas. It is perhaps the only effective way of dealing with alcoholism, because many thoughtful people feel that there is no final cure for this condition. The remedy of total abstinence is effective but difficult to achieve.

The concept of prevention is being discussed in the military world. It could well substitute planned prevention of war for planned preparation for war. This could be done also in reference to alcoholism. The facts make it seem necessary in either case.

Homes where love, security, and co-operation exist and happiness saturates the very spirit of the atmosphere, where the parents are emotionally mature, will be suitable environments in which to breed happy and alcoholic-resistant personalities. Children who grow to maturity in such normal homes will feel comfortable about themselves, right about others, and feel able to meet the demands of life. They will have no need for alcohol.

Every child has the birth-privilege of growing up in such a healthy home atmosphere. The essentials of mental and emotional health must be stamped into the personality and character structure of each child. The nonalcoholic has had these principles integrated into his life.

Good parents are the first essential in the prevention of alcoholism. The quality of love necessary in good parents begins with love of the pair for each other, and with love of the idea of having children, not in order to justify marriage, or even to cement bonds, but as a part of the job as a whole. Children who are the natural outcome of love will be loved as much or more when they are bad as when they are good. The tenderness felt towards young children will allow the baby to enjoy its body peacefully in relation to the mother's body and so come to learn the right use of tenderness at a later age. All this is laying the preventive foundation — natural satisfaction. —æ digest

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